

NDB No. 43205
Beverage, instant breakfast powder, chocolate, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.560		0		4		0.041	0.207	
4:0.....g	0.010		0		4		0.001	0.004	
6:0.....g	0.002		0		4		0.000	0.001	
8:0.....g	0.003		0		4		0.000	0.001	
10:0.....g	0.005		0		4		0.000	0.002	
12:0.....g	0.003		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.023		0		4		0.002	0.009	
15:0.....g									
16:0.....g	0.286		0		4		0.021	0.106	
17:0.....g									
18:0.....g	0.216		0		4		0.016	0.080	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.314		0		4		0.023	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		4		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.302		0		4		0.022	0.112	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.278		0		4		0.021	0.103	
18:2 undifferentiated.....g	0.247		0		4		0.018	0.091	
18:3 undifferentiated.....g	0.031		0		4		0.002	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		4		1	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	25		0	BFZN	4		2	9	
Theobromine.....mg	290		0	BFZN	4		21	107	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.4g: 1 tbsp

Measure 2 = 37g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43260

Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.162		0		4		0.121	0.432	
4:0.....g	0.036		0		4		0.002	0.007	
6:0.....g	0.009		0		4		0.001	0.002	
8:0.....g	0.009		0		4		0.001	0.002	
10:0.....g	0.019		0		4		0.001	0.004	
12:0.....g	0.010		0		4		0.001	0.002	
13:0.....g									
14:0.....g	0.085		0		4		0.005	0.017	
15:0.....g									
16:0.....g	1.100		0		4		0.062	0.220	
17:0.....g									
18:0.....g	0.841		0		4		0.047	0.168	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.189		0		4		0.067	0.238	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		4		0.002	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.147		0		4		0.064	0.229	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.027		0		4		0.058	0.205	
18:2 undifferentiated.....g	0.911		0		4		0.051	0.182	
18:3 undifferentiated.....g	0.114		0		4		0.006	0.023	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	44		0		4		2	9	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	52		0	BFAN	4		3	10	
Theobromine.....mg	608		0	BFAN	4		34	122	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.6g: 1 tbsp

Measure 2 = 20g: 1 envelope

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Beverage, milkshake mix, dry, not chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
Proximates:								
Water.....g	12.80		0		4	0.90	2.69	
Energy.....kcal	329		0	NC	4	23	69	
Energy.....kJ	1377		0	NC	4	96	289	
Protein.....g	23.50		0		4	1.65	4.94	
Total lipid (fat).....g	2.60		0		4	0.18	0.55	
Ash.....g	8.20		0	NR	4	0.57	1.72	
Carbohydrate, by difference.....g	52.90		0		4	3.70	11.11	
Fiber, total dietary.....g	1.6		0		4	0.1	0.3	
Sugars, total.....g	51.30		0	NR	4	3.59	10.77	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	880		0		4	62	185	
Iron, Fe.....mg	7.70		0		4	0.54	1.62	
Magnesium, Mg.....mg	200		0		4	14	42	
Phosphorus, P.....mg	150		0		4	11	32	
Potassium, K.....mg	2200		0		4	154	462	
Sodium, Na.....mg	780		0		4	55	164	
Zinc, Zn.....mg	3.60		0		4	0.25	0.76	
Copper, Cu.....mg	0.800		0		4	0.056	0.168	
Manganese, Mn.....mg								
Selenium, Se.....µg	14.3		0	BFPN	4	1.0	3.0	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.2		0		4	0.1	0.3	
Thiamin.....mg	0.110		0		4	0.008	0.023	
Riboflavin.....mg	0.340		0		4	0.024	0.071	
Niacin.....mg	1.250		0		4	0.088	0.263	
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.110		0		4	0.008	0.023	
Folate, total.....µg	42		0		4	3	9	
Folic acid.....µg	0		0	Z	7	0	0	
Folate, food.....µg	42		0		4	3	9	
Folate, DFE.....µg	42		0	NC	4	3	9	
Choline, total.....mg	106.7		0	BFSN	4	7.5	22.4	
Betaine.....mg								
Vitamin B-12.....µg	2.39		0		4	0.17	0.50	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	
Vitamin A, RAE.....µg	246		0	NC	4	17	52	
Retinol.....µg	243		0	NR	4	17	51	
Carotene, beta.....µg	39		0	NR	4	3	8	
Carotene, alpha.....µg	0		0	Z	7	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	
Vitamin A, IU.....IU	875		0	NC	4	61	184	
Lycopene.....µg	0		0	Z	7	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	
Vitamin E (alpha-tocopherol).....mg	0.05		0	BFFN	4	0.00	0.01	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg	0.2		0	BFFN	4	0.0	0.0	
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 43078
Beverage, milkshake mix, dry, not chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.059		0		4		0.144	0.432	
4:0.....g	0.042		0		4		0.003	0.009	
6:0.....g	0.019		0		4		0.001	0.004	
8:0.....g	0.140		0		4		0.010	0.029	
10:0.....g	0.124		0		4		0.009	0.026	
12:0.....g	0.789		0		4		0.055	0.166	
13:0.....g									
14:0.....g	0.377		0		4		0.026	0.079	
15:0.....g									
16:0.....g	0.406		0		4		0.028	0.085	
17:0.....g									
18:0.....g	0.133		0		4		0.009	0.028	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.332		0		4		0.023	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		4		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.294		0		4		0.021	0.062	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		4		0.004	0.013	
18:2 undifferentiated.....g	0.051		0		4		0.004	0.011	
18:3 undifferentiated.....g	0.009		0		4		0.001	0.002	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		4		1	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 tbsp

Measure 2 = 21g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	61.924		0		1		7.926	126.944	
4:0.....g	3.226		0		1		0.413	6.613	
6:0.....g	1.910		0		1		0.244	3.916	
8:0.....g	1.112		0		1		0.142	2.280	
10:0.....g	2.495		0		1		0.319	5.115	
12:0.....g	2.793		0		1		0.358	5.726	
13:0.....g									
14:0.....g	10.005		0		1		1.281	20.510	
15:0.....g									
16:0.....g	26.166		0		1		3.349	53.640	
17:0.....g									
18:0.....g	12.056		0		1		1.543	24.715	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	28.732		0		1		3.678	58.901	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.228		0		1		0.285	4.567	
17:1.....g									
18:1 undifferentiated.....g	25.026		0		1		3.203	51.303	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.694		0		1		0.473	7.573	
18:2 undifferentiated.....g	2.247		0		1		0.288	4.606	
18:3 undifferentiated.....g	1.447		0		1		0.185	2.966	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	256	0.000	19		1		33	525	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		4		0.001	0.008	
Threonine.....g	0.013		0		4		0.002	0.027	
Isoleucine.....g	0.017		0		4		0.002	0.035	
Leucine.....g	0.027		0		4		0.003	0.055	
Lysine.....g	0.022		0		4		0.003	0.045	
Methionine.....g	0.007		0		4		0.001	0.014	
Cystine.....g	0.003		0		4		0.000	0.006	
Phenylalanine.....g	0.014		0		4		0.002	0.029	
Tyrosine.....g	0.014		0		4		0.002	0.029	
Valine.....g	0.019		0		4		0.002	0.039	
Arginine.....g	0.010		0		4		0.001	0.021	
Histidine.....g	0.008		0		4		0.001	0.016	
Alanine.....g	0.010		0		4		0.001	0.021	
Aspartic acid.....g	0.021		0		4		0.003	0.043	
Glutamic acid.....g	0.059		0		4		0.008	0.121	
Glycine.....g	0.006		0		4		0.001	0.012	
Proline.....g	0.027		0		4		0.003	0.055	
Serine.....g	0.015		0		4		0.002	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 12.8g: 1 tbsp
Measure 2 = 205g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01001

Butter, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.87	0.061	522		1		0.79	2.25	36.02
Energy.....kcal	717		0	NC	4		36	102	1627
Energy.....kJ	2999		0	NC	4		150	426	6808
Protein (N x 6.38).....g	0.85	0.074	16		1		0.04	0.12	1.93
Total lipid (fat).....g	81.11	0.065	580		1		4.06	11.52	184.12
Ash.....g	2.11	0.054	35		1		0.11	0.30	4.79
Carbohydrate, by difference.....g	0.06		0	NC	4		0.00	0.01	0.14
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.06		0	NR	4		0.00	0.01	0.14
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	0.789	17	A	1		1	3	55
Iron, Fe.....mg	0.02	0.011	18	A	1		0.00	0.00	0.04
Magnesium, Mg.....mg	2	0.047	18	A	1		0	0	4
Phosphorus, P.....mg	24	0.463	17	A	1		1	3	54
Potassium, K.....mg	24	0.622	18	A	1		1	3	54
Sodium, Na.....mg	643		0	NR	4		32	91	1460
Zinc, Zn.....mg	0.09	0.011	18	A	1		0.00	0.01	0.20
Copper, Cu.....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Selenium, Se.....µg	1.0	0.820	37	A	1		0.1	0.1	2.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.005	0.001	3		1		0.000	0.001	0.011
Riboflavin.....mg	0.034	0.004	9		1		0.002	0.005	0.077
Niacin.....mg	0.042		2		1		0.002	0.006	0.095
Pantothenic acid.....mg	0.110		0		4		0.006	0.016	0.250
Vitamin B-6.....mg	0.003		1		1		0.000	0.000	0.007
Folate, total.....µg	3		2		1		0	0	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	3		2		1		0	0	7
Folate, DFE.....µg	3		0	NC	4		0	0	7
Choline, total.....mg	18.8		0	AS	1		0.9	2.7	42.6
Betaine.....mg	0.3		1	A	1		0.0	0.0	0.6
Vitamin B-12.....µg	0.17		4		1		0.01	0.02	0.39
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	684		0	NC	4		34	97	1553
Retinol.....µg	671		0	T	4		34	95	1523
Carotene, beta.....µg	158		2	A	1		8	22	358
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	2499		0	NC	4		125	355	5673
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.32		1		1		0.12	0.33	5.27
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	7.0		1		1		0.4	1.0	15.9

NDB No. 01001

Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	51.368		0	NC	4		2.568	7.294	116.606
4:0.....g	3.226	0.120	3	A	1		0.161	0.458	7.323
6:0.....g	2.007	0.038	3	A	1		0.100	0.285	4.557
8:0.....g	1.190	0.016	3	A	1		0.059	0.169	2.701
10:0.....g	2.529	0.033	3	A	1		0.126	0.359	5.740
12:0.....g	2.587	0.046	3	A	1		0.129	0.367	5.872
13:0.....g									
14:0.....g	7.436	0.020	3	A	1		0.372	1.056	16.880
15:0.....g									
16:0.....g	21.697	0.270	3	A	1		1.085	3.081	49.253
17:0.....g	0.560	0.015	3	A	1		0.028	0.079	1.270
18:0.....g	9.999	0.096	3	A	1		0.500	1.420	22.698
20:0.....g	0.138	0.002	3	A	1		0.007	0.020	0.312
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	21.021		0	NC	4		1.051	2.985	47.718
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.961		0	AS	1		0.048	0.136	2.181
16:1 c.....g	0.961	0.008	3	A	1		0.048	0.136	2.181
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	19.961		0	AS	1		0.998	2.834	45.311
18:1 c.....g	16.978	0.397	3	A	1		0.849	2.411	38.541
18:1 t.....g	2.982	0.112	3	A	1		0.149	0.423	6.770
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.100	0.009	3	A	1		0.005	0.014	0.227
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.043		0	NC	4		0.152	0.432	6.908
18:2 undifferentiated.....g	2.728		0	AS	1		0.136	0.387	6.194
18:2 n-6 c,c.....g	2.166	0.024	3	A	1		0.108	0.308	4.916
18:2 CLAs.....g	0.267	0.017	3	A	1		0.013	0.038	0.605
18:2 t,t.....g									
18:2 i.....g	0.296	0.048	3	A	1		0.015	0.042	0.672
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		0.016	0.045	0.715
18:3 n-3 c,c,c (ALA).....g	0.315	0.013	3	A	1		0.016	0.045	0.715
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	3.278		0	NC	4		0.164	0.466	7.442
Fatty acids, total trans-monoenoic.....g	2.982		0	NC	4		0.149	0.423	6.770
Fatty acids, total trans-polyenoic.....g	0.296		0	NC	4		0.015	0.042	0.672
Cholesterol.....mg	215	1.261	3	A	1		11	31	489
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	3	A	1		0	0	0
Campesterol.....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol.....mg	4	0.118	3	A	1		0	1	9

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.001	0.002	0.027
Threonine.....g	0.038		0		1		0.002	0.005	0.086
Isoleucine.....g	0.051		0		1		0.003	0.007	0.116
Leucine.....g	0.083		0		1		0.004	0.012	0.188
Lysine.....g	0.067		0		1		0.003	0.010	0.152
Methionine.....g	0.021		0		1		0.001	0.003	0.048
Cystine.....g	0.008		0		1		0.000	0.001	0.018
Phenylalanine.....g	0.041		0		1		0.002	0.006	0.093
Tyrosine.....g	0.041		0		1		0.002	0.006	0.093
Valine.....g	0.057		0		1		0.003	0.008	0.129
Arginine.....g	0.031		0		1		0.002	0.004	0.070
Histidine.....g	0.023		0		1		0.001	0.003	0.052
Alanine.....g	0.029		0		1		0.001	0.004	0.066
Aspartic acid.....g	0.064		0		1		0.003	0.009	0.145
Glutamic acid.....g	0.178		0		1		0.009	0.025	0.404
Glycine.....g	0.018		0		1		0.001	0.003	0.041
Proline.....g	0.082		0		1		0.004	0.012	0.186
Serine.....g	0.046		0		1		0.002	0.007	0.104
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 pat (1" sq, 1/3" high)
 Measure 2 = 14.2g: 1 tbsp
 Measure 3 = 227g: 1 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01002
Butter, whipped, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.72	0.053	9	A	1		0.64	1.57	25.25
Energy.....kcal	718		0	NC	4		27	68	1084
Energy.....kJ	3005		0	NC	4		114	282	4538
Protein (N x 6.38).....g	0.49	0.008	9	A	1		0.02	0.05	0.74
Total lipid (fat).....g	78.30	0.228	9	A	1		2.98	7.36	118.23
Ash.....g	1.62	0.026	9	A	1		0.06	0.15	2.45
Carbohydrate, by difference.....g	2.87		0	NC	4		0.11	0.27	4.34
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.06		0	NR	4		0.00	0.01	0.09
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	0.362	9	A	1		1	2	34
Iron, Fe.....mg	0.05	0.003	8	A	1		0.00	0.00	0.07
Magnesium, Mg.....mg	1	0.022	9	A	1		0	0	2
Phosphorus, P.....mg	24	0.252	9	A	1		1	2	36
Potassium, K.....mg	41	1.498	9	A	1		2	4	62
Sodium, Na.....mg	583	8.719	9	A	1		22	55	880
Zinc, Zn.....mg	0.05	0.002	9	A	1		0.00	0.00	0.07
Copper, Cu.....mg	0.010	0.001	9	A	1		0.000	0.001	0.015
Manganese, Mn.....mg	0.001	0.000	9	A	1		0.000	0.000	0.002
Selenium, Se.....µg	0.0	0.000	6	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.007	0.000	6	A	1		0.000	0.001	0.011
Riboflavin.....mg	0.064	0.019	6	A	1		0.002	0.006	0.097
Niacin.....mg	0.022	0.000	6	A	1		0.001	0.002	0.033
Pantothenic acid.....mg	0.097	0.000	4	A	1		0.004	0.009	0.146
Vitamin B-6.....mg	0.008	0.000	6	A	1		0.000	0.001	0.012
Folate, total.....µg	4		2	A	1		0	0	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4		2	A	1		0	0	7
Folate, DFE.....µg	4		0	NC	4		0	0	7
Choline, total.....mg	18.8		0	AS	1		0.7	1.8	28.4
Betaine.....mg	0.3		1	A	1		0.0	0.0	0.4
Vitamin B-12.....µg	0.07	0.000	6	A	1		0.00	0.01	0.11
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	683		0	AS	1		26	64	1031
Retinol.....µg	671	20.908	4	A	1		25	63	1013
Carotene, beta.....µg	135	8.550	4	A	1		5	13	204
Carotene, alpha.....µg	1	0.718	4	A	1		0	0	2
Cryptoxanthin, beta.....µg	6	0.658	4	A	1		0	1	9
Vitamin A, IU.....IU	2468		0	AS	1		94	232	3727
Lycopene.....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....µg	13	1.954	4	A	1		0	1	20
Vitamin E (alpha-tocopherol).....mg	1.37	0.101	6	A	1		0.05	0.13	2.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.07	0.008	6	A	1		0.00	0.01	0.11
Tocopherol, gamma.....mg	0.08	0.028	6	A	1		0.00	0.01	0.12
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.12	0.014	6	A	1		0.00	0.01	0.18
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		2	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.6	0.024	4	A	1		0.2	0.4	6.9

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyllquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	20.9	0.453	4	A	1		0.8	2.0	31.6
Lipids:									
Fatty acids, total saturated.....g	45.390		0	NC	4		1.725	4.267	68.539
4:0.....g	1.635	0.005	9	A	1		0.062	0.154	2.469
6:0.....g	1.373	0.004	9	A	1		0.052	0.129	2.074
8:0.....g	0.858	0.005	9	A	1		0.033	0.081	1.296
10:0.....g	2.039	0.016	9	A	1		0.077	0.192	3.078
12:0.....g	2.354	0.019	9	A	1		0.089	0.221	3.555
13:0.....g									
14:0.....g	7.515	0.034	9	A	1		0.286	0.706	11.348
15:0.....g	0.801	0.009	9	A	1		0.030	0.075	1.210
16:0.....g	20.531	0.139	9	A	1		0.780	1.930	31.002
17:0.....g	0.476	0.004	9	A	1		0.018	0.045	0.719
18:0.....g	7.649	0.098	9	A	1		0.291	0.719	11.549
20:0.....g	0.106	0.002	9	A	1		0.004	0.010	0.160
22:0.....g	0.032	0.003	9	A	1		0.001	0.003	0.049
24:0.....g	0.021	0.000	9	A	1		0.001	0.002	0.031
Fatty acids, total monounsaturated.....g	19.874		0	NC	4		0.755	1.868	30.010
14:1.....g	0.781	0.012	9	A	1		0.030	0.073	1.180
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	1.417	0.028	9	AS	1		0.054	0.133	2.139
16:1 c.....g	1.170	0.029	9	A	1		0.044	0.110	1.767
16:1 t.....g	0.246	0.004	9	A	1		0.009	0.023	0.372
17:1.....g	0.152	0.003	9	A	1		0.006	0.014	0.230
18:1 undifferentiated.....g	17.370	0.130	9	AS	1		0.660	1.633	26.228
18:1 c.....g	15.459	0.100	9	A	1		0.587	1.453	23.343
18:1 t.....g	1.911	0.035	9	A	1		0.073	0.180	2.885
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.147	0.002	9	A	1		0.006	0.014	0.223
22:1 undifferentiated.....g	0.005	0.000	9	AS	1		0.000	0.000	0.007
22:1 c.....g	0.005	0.000	9	A	1		0.000	0.000	0.007
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:1 c.....g	0.002	0.000	9	A	1		0.000	0.000	0.003
Fatty acids, total polyunsaturated.....g	3.331		0	NC	4		0.127	0.313	5.029
18:2 undifferentiated.....g	2.713	0.045	9	AS	1		0.103	0.255	4.097
18:2 n-6 c,c.....g	1.798	0.036	9	A	1		0.068	0.169	2.714
18:2 CLAs.....g	0.413	0.007	9	A	1		0.016	0.039	0.623
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.503	0.009	9	A	1		0.019	0.047	0.760
18:3 undifferentiated.....g	0.298	0.003	9	AS	1		0.011	0.028	0.450
18:3 n-3 c,c,c (ALA).....g	0.285	0.003	9	A	1		0.011	0.027	0.430
18:3 n-6 c,c,c.....g	0.005	0.001	9	A	1		0.000	0.000	0.008
18:3i.....g	0.008	0.001	9	A	1		0.000	0.001	0.012
18:4.....g	0.003	0.002	9	A	1		0.000	0.000	0.004
20:2 n-6 c,c.....g	0.016	0.000	9	A	1		0.001	0.001	0.024
20:3 undifferentiated.....g	0.086	0.001	9	AS	1		0.003	0.008	0.130
20:3 n-3.....g	0.005	0.001	9	A	1		0.000	0.001	0.008
20:3 n-6.....g	0.081	0.001	9	A	1		0.003	0.008	0.122
20:4 undifferentiated.....g	0.119	0.002	9	A	1		0.005	0.011	0.179
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.022	0.001	9	A	1		0.001	0.002	0.033
21:5.....g									
22:4.....g	0.020	0.001	9	A	1		0.001	0.002	0.031
22:5 n-3 (DPA).....g	0.045	0.000	9	A	1		0.002	0.004	0.068
22:6 n-3 (DHA).....g	0.003	0.000	9	A	1		0.000	0.000	0.004
Fatty acids, total trans.....g	2.669		0	NC	4		0.101	0.251	4.029
Fatty acids, total trans-monoenoic.....g	2.157		0	NC	4		0.082	0.203	3.257
Fatty acids, total trans-polyenoic.....g	0.511		0	NC	4		0.019	0.048	0.772
Cholesterol.....mg	225	0.495	6	A	1		9	21	340
Phytosterols.....mg									

Amino Acids:

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
Tryptophan.....g	0.012		0	A	1	0.000	0.001	0.018
Threonine.....g	0.038		0	A	1	0.001	0.004	0.057
Isoleucine.....g	0.051		0	A	1	0.002	0.005	0.077
Leucine.....g	0.083		0	A	1	0.003	0.008	0.125
Lysine.....g	0.067		0	A	1	0.003	0.006	0.101
Methionine.....g	0.021		0	A	1	0.001	0.002	0.032
Cystine.....g	0.008		0	A	1	0.000	0.001	0.012
Phenylalanine.....g	0.041		0	A	1	0.002	0.004	0.062
Tyrosine.....g	0.041		0	A	1	0.002	0.004	0.062
Valine.....g	0.057		0	A	1	0.002	0.005	0.086
Arginine.....g	0.031		0	A	1	0.001	0.003	0.047
Histidine.....g	0.023		0	A	1	0.001	0.002	0.035
Alanine.....g	0.029		0	A	1	0.001	0.003	0.044
Aspartic acid.....g	0.064		0	A	1	0.002	0.006	0.097
Glutamic acid.....g	0.178		0	A	1	0.007	0.017	0.269
Glycine.....g	0.018		0	A	1	0.001	0.002	0.027
Proline.....g	0.082		0	A	1	0.003	0.008	0.124
Serine.....g	0.046		0	A	1	0.002	0.004	0.069
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.8g: 1 pat (1" sq, 1/3" high)

Measure 2 = 9.4g: 1 tbsp

Measure 3 = 151g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01145
Butter, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Number					measures of food			
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.94		0		1		0.90	2.55	40.72
Energy.....kcal	717		0	NC	4		36	102	1627
Energy.....kJ	2999		0	NC	4		150	426	6808
Protein (N x 6.38).....g	0.85		0		1		0.04	0.12	1.93
Total lipid (fat).....g	81.11		0		1		4.06	11.52	184.12
Ash.....g	0.09		0	NR	4		0.00	0.01	0.20
Carbohydrate, by difference.....g	0.06		0	NC	4		0.00	0.01	0.14
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.06		0	NR	4		0.00	0.01	0.14
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	0.789	17	A	1		1	3	55
Iron, Fe.....mg	0.02	0.011	18	A	1		0.00	0.00	0.04
Magnesium, Mg.....mg	2	0.047	18	A	1		0	0	4
Phosphorus, P.....mg	24	0.463	17	A	1		1	3	54
Potassium, K.....mg	24	0.622	18	A	1		1	3	54
Sodium, Na.....mg	11		0		1		1	2	25
Zinc, Zn.....mg	0.09	0.011	18	A	1		0.00	0.01	0.20
Copper, Cu.....mg	0.016		0		1		0.001	0.002	0.036
Manganese, Mn.....mg	0.004		0		1		0.000	0.001	0.009
Selenium, Se.....µg	1.0	0.820	37	A	1		0.1	0.1	2.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.005		0		1		0.000	0.001	0.011
Riboflavin.....mg	0.034		0		1		0.002	0.005	0.077
Niacin.....mg	0.042		0		1		0.002	0.006	0.095
Pantothenic acid.....mg	0.110		0		4		0.006	0.016	0.250
Vitamin B-6.....mg	0.003		0		1		0.000	0.000	0.007
Folate, total.....µg	3		0		1		0	0	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	3		0		1		0	0	6
Folate, DFE.....µg	3		0	NC	4		0	0	6
Choline, total.....mg	18.8		0	T	4		0.9	2.7	42.7
Betaine.....mg									
Vitamin B-12.....µg	0.17		4		1		0.01	0.02	0.39
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	684		0	NC	4		34	97	1553
Retinol.....µg	671		0	T	4		34	95	1523
Carotene, beta.....µg	158		2	A	1		8	22	358
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	2499		0	NC	4		125	355	5673
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.32		1		1		0.12	0.33	5.27
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D.....IU	0		0	BFFN	4		0	0	0
Vitamin K (phylloquinone).....µg	7.0		1		1		0.4	1.0	15.9

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	50.489		0			1	2.524	7.169	114.610
4:0.....g	3.226	0.120	3	A		1	0.161	0.458	7.323
6:0.....g	2.007	0.038	3	A		1	0.100	0.285	4.557
8:0.....g	1.190	0.016	3	A		1	0.059	0.169	2.701
10:0.....g	2.529	0.033	3	A		1	0.126	0.359	5.740
12:0.....g	2.587	0.046	3	A		1	0.129	0.367	5.872
13:0.....g									
14:0.....g	7.436	0.020	3	A		1	0.372	1.056	16.880
15:0.....g									
16:0.....g	21.697	0.270	3	A		1	1.085	3.081	49.253
17:0.....g	0.560	0.015	3	A		1	0.028	0.079	1.270
18:0.....g	9.999	0.096	3	A		1	0.500	1.420	22.698
20:0.....g	0.138	0.002	3	A		1	0.007	0.020	0.312
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.430		0			1	1.172	3.327	53.186
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.820		0			1	0.091	0.258	4.131
16:1 c.....g	0.961	0.008	3	A		1	0.048	0.136	2.181
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	20.400		0			1	1.020	2.897	46.308
18:1 c.....g	16.978	0.397	3	A		1	0.849	2.411	38.541
18:1 t.....g	2.982	0.112	3	A		1	0.149	0.423	6.770
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.100	0.009	3	A		1	0.005	0.014	0.227
22:1 undifferentiated.....g	0.000	0.000	3	A		1	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.010		0			1	0.151	0.427	6.833
18:2 undifferentiated.....g	1.830		0			1	0.092	0.260	4.154
18:2 n-6 c,c.....g	2.166	0.024	3	A		1	0.108	0.308	4.916
18:2 CLAs.....g	0.267	0.017	3	A		1	0.013	0.038	0.605
18:2 t,t.....g									
18:2 i.....g	0.296	0.048	3	A		1	0.015	0.042	0.672
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.180		0			1	0.059	0.168	2.679
18:3 n-3 c,c,c (ALA).....g	0.315	0.013	3	A		1	0.016	0.045	0.715
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	3	A		1	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A		1	0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A		1	0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A		1	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	215	1.261	3	A		1	11	31	489
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	3	A		1	0	0	0
Campesterol.....mg	0	0.000	3	A		1	0	0	0
Beta-sitosterol.....mg	4	0.118	3	A		1	0	1	9
Amino Acids:									
Tryptophan.....g	0.012		0			1	0.001	0.002	0.027

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Threonine.....g	0.038		0		1		0.002	0.005	0.086
Isoleucine.....g	0.051		0		1		0.003	0.007	0.116
Leucine.....g	0.083		0		1		0.004	0.012	0.188
Lysine.....g	0.067		0		1		0.003	0.010	0.152
Methionine.....g	0.021		0		1		0.001	0.003	0.048
Cystine.....g	0.008		0		1		0.000	0.001	0.018
Phenylalanine.....g	0.041		0		1		0.002	0.006	0.093
Tyrosine.....g	0.041		0		1		0.002	0.006	0.093
Valine.....g	0.057		0		1		0.003	0.008	0.129
Arginine.....g	0.031		0		1		0.002	0.004	0.070
Histidine.....g	0.023		0		1		0.001	0.003	0.052
Alanine.....g	0.029		0		1		0.001	0.004	0.066
Aspartic acid.....g	0.064		0		1		0.003	0.009	0.145
Glutamic acid.....g	0.178		0		1		0.009	0.025	0.404
Glycine.....g	0.018		0		1		0.001	0.003	0.041
Proline.....g	0.082		0		1		0.004	0.012	0.186
Serine.....g	0.046		0		1		0.002	0.007	0.104
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 pat (1" sq, 1/3" high)

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 227g: 1 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01045
Cheese food, cold pack, American

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.12	0.169	5		1		12.22	97.88	
Energy.....kcal	331		0	NC	4		94	752	
Energy.....kJ	1386		0		4		393	3145	
Protein (N x 6.38).....g	19.66	1.241	5		1		5.57	44.63	
Total lipid (fat).....g	24.46	0.242	5		1		6.93	55.52	
Ash.....g	4.44	0.103	5		1		1.26	10.08	
Carbohydrate, by difference.....g	8.32		0	NC	4		2.36	18.89	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	497	6.851	5		1		141	1129	
Iron, Fe.....mg	0.84		0		1		0.24	1.91	
Magnesium, Mg.....mg	30		1		1		8	67	
Phosphorus, P.....mg	400		1		1		113	908	
Potassium, K.....mg	363		1		1		103	824	
Sodium, Na.....mg	966		1		1		274	2193	
Zinc, Zn.....mg	3.01		0		1		0.85	6.83	
Copper, Cu.....mg	0.030		0		1		0.009	0.068	
Manganese, Mn.....mg	0.010		0		1		0.003	0.023	
Selenium, Se.....µg	16.2		0	BFNN	4		4.6	36.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.030		0		1		0.009	0.068	
Riboflavin.....mg	0.446	0.042	8		1		0.126	1.012	
Niacin.....mg	0.074	0.013	20		1		0.021	0.168	
Pantothenic acid.....mg	0.977		32		1		0.277	2.218	
Vitamin B-6.....mg	0.141	0.005	26		1		0.040	0.320	
Folate, total.....µg	5	0.349	21		1		2	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.349	21		1		2	12	
Folate, DFE.....µg	5		0	NC	4		2	12	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.28		1		1		0.36	2.91	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	705	27.316	5		1		200	1600	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01045
Cheese food, cold pack, American

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total saturated.....g	15.355		0		1		4.353	34.856	
4:0.....g	0.793		0		1		0.225	1.800	
6:0.....g	0.470		0		1		0.133	1.067	
8:0.....g	0.358		0		1		0.101	0.813	
10:0.....g	0.591		0		1		0.168	1.342	
12:0.....g	0.728		0		1		0.206	1.653	
13:0.....g									
14:0.....g	2.513		0		1		0.712	5.705	
15:0.....g									
16:0.....g	6.807		0		1		1.930	15.452	
17:0.....g									
18:0.....g	2.805		0		1		0.795	6.367	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.165		0		1		2.031	16.265	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.646		0		1		0.183	1.466	
17:1.....g									
18:1 undifferentiated.....g	6.015		0		1		1.705	13.654	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.719		0		1		0.204	1.632	
18:2 undifferentiated.....g	0.461		0		1		0.131	1.046	
18:3 undifferentiated.....g	0.257		0		1		0.073	0.583	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		18	144	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0		4		0.081	0.651	
Threonine.....g	0.638		0		4		0.181	1.448	
Isoleucine.....g	0.909		0		4		0.258	2.063	
Leucine.....g	1.738		0		4		0.493	3.945	
Lysine.....g	1.951		0		4		0.553	4.429	
Methionine.....g	0.509		0		4		0.144	1.155	
Cystine.....g	0.126		0		4		0.036	0.286	
Phenylalanine.....g	0.999		0		4		0.283	2.268	
Tyrosine.....g	1.076		0		4		0.305	2.443	
Valine.....g	1.177		0		4		0.334	2.672	
Arginine.....g	0.823		0		4		0.233	1.868	
Histidine.....g	0.801		0		4		0.227	1.818	
Alanine.....g	0.493		0		4		0.140	1.119	
Aspartic acid.....g	1.208		0		4		0.342	2.742	
Glutamic acid.....g	4.080		0		4		1.157	9.262	
Glycine.....g	0.324		0		4		0.092	0.735	
Proline.....g	2.000		0		4		0.567	4.540	
Serine.....g	0.949		0		4		0.269	2.154	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01045
Cheese food, cold pack, American

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 227g: 1 package (8 oz)

Calories	Factors:	Protein 4.27	Fat 8.79	Carbohydrate 3.87	Food Group: 01 Dairy and Egg Products
-----------------	-----------------	---------------------	-----------------	--------------------------	--

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 44048

Cheese food, pasteurized process, American, imitation, without added vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	55.50		1	A	1	15.73			
Energy.....kcal	257		0	NC	4	73			
Energy.....kJ	1073		0	NC	4	304			
Protein.....g	4.08		1	A	1	1.16			
Total lipid (fat).....g	19.50		1	A	1	5.53			
Ash.....g	4.74		1	A	1	1.34			
Carbohydrate, by difference.....g	16.18		0	NC	4	4.59			
Fiber, total dietary.....g	0.0		0		7	0.0			
Sugars, total.....g	8.21		0	BFNN	4	2.33			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	649	13.317	3	A	1	184			
Iron, Fe.....mg	0.68	0.047	3	A	1	0.19			
Magnesium, Mg.....mg	10	0.066	3	A	1	3			
Phosphorus, P.....mg	596	12.005	3	A	1	169			
Potassium, K.....mg	126	7.126	3	A	1	36			
Sodium, Na.....mg	1297	8.819	3	A	1	368			
Zinc, Zn.....mg	0.21	0.015	3	A	1	0.06			
Copper, Cu.....mg	0.026	0.001	3	A	1	0.007			
Manganese, Mn.....mg	0.026	0.001	3	A	1	0.007			
Selenium, Se.....µg	2.9		1	A	1	0.8			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7	0.0			
Thiamin.....mg	0.000		1	A	1	0.000			
Riboflavin.....mg	0.090		1	A	1	0.026			
Niacin.....mg	0.060		1	A	1	0.017			
Pantothenic acid.....mg	0.350		1	A	1	0.099			
Vitamin B-6.....mg	0.027		1	A	1	0.008			
Folate, total.....µg	8		0		4	2			
Folic acid.....µg	0		0	Z	7	0			
Folate, food.....µg	8		0	NR	4	2			
Folate, DFE.....µg	8		0	NC	4	2			
Choline, total.....mg	0.0		0	BFNN	4	0.0			
Betaine.....mg									
Vitamin B-12.....µg	0.71		1	A	1	0.20			
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00			
Vitamin A, RAE.....µg	45		0	AS	1	13			
Retinol.....µg	0		1	A	1	0			
Carotene, beta.....µg	540		1	A	1	153			
Carotene, alpha.....µg	0		1	A	1	0			
Cryptoxanthin, beta.....µg	0		1	A	1	0			
Vitamin A, IU.....IU	900		0	AS	1	255			
Lycopene.....µg	0		1	A	1	0			
Lutein + zeaxanthin.....µg	1		1	A	1	0			
Vitamin E (alpha-tocopherol).....mg	2.15		1	A	1	0.61			
Vitamin E, added.....mg	0.00		0	Z	7	0.00			
Tocopherol, beta.....mg	0.13		1	A	1	0.04			
Tocopherol, gamma.....mg	14.01		1	A	1	3.97			
Tocopherol, delta.....mg	4.37		1	A	1	1.24			
Tocotrienol, alpha.....mg	0.05		1	A	1	0.01			
Tocotrienol, beta.....mg	0.18		1	A	1	0.05			
Tocotrienol, gamma.....mg	0.05		1	A	1	0.01			
Tocotrienol, delta.....mg	0.00		1	A	1	0.00			
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0			
Vitamin K (phylloquinone).....µg	36.7		1	A	1	10.4			

NDB No. 44048

Cheese food, pasteurized process, American, imitation, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	6.1		1	A	1		1.7		
Lipids:									
Fatty acids, total saturated.....g	7.996		0	NC	4		2.267		
4:0.....g	0.020		1	A	1		0.006		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.041		1	A	1		0.012		
10:0.....g	0.031		1	A	1		0.009		
12:0.....g	0.018		1	A	1		0.005		
13:0.....g									
14:0.....g	0.061		1	A	1		0.017		
15:0.....g	0.011		1	A	1		0.003		
16:0.....g	2.095		1	A	1		0.594		
17:0.....g	0.029		1	A	1		0.008		
18:0.....g	5.549		1	A	1		1.573		
20:0.....g	0.068		1	A	1		0.019		
22:0.....g	0.055		1	A	1		0.016		
24:0.....g	0.018		1	A	1		0.005		
Fatty acids, total monounsaturated.....g	3.108		0	NC	4		0.881		
14:1.....g	0.004		1	A	1		0.001		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.019		0	AS	1		0.005		
16:1 c.....g	0.018		1	A	1		0.005		
16:1 t.....g	0.001		1	A	1		0.000		
17:1.....g	0.008		1	A	1		0.002		
18:1 undifferentiated.....g	3.001		0	AS	1		0.851		
18:1 c.....g	2.904		1	A	1		0.823		
18:1 t.....g	0.097		1	A	1		0.027		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.068		1	A	1		0.019		
22:1 undifferentiated.....g	0.008		0	AS	1		0.002		
22:1 c.....g	0.008		1	A	1		0.002		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	7.536		0	NC	4		2.136		
18:2 undifferentiated.....g	6.539		0	AS	1		1.854		
18:2 n-6 c,c.....g	6.499		1	A	1		1.842		
18:2 CLAs.....g	0.007		1	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.033		1	A	1		0.009		
18:3 undifferentiated.....g	0.988		0	AS	1		0.280		
18:3 n-3 c,c,c (ALA).....g	0.945		1	A	1		0.268		
18:3 n-6 c,c,c.....g	0.043		1	A	1		0.012		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.005		1	A	1		0.001		
20:3 undifferentiated.....g	0.004		0	AS	1		0.001		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.004		1	A	1		0.001		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.131		0	NC	4		0.037		
Fatty acids, total trans-monoenoic.....g	0.098		0	NC	4		0.028		
Fatty acids, total trans-polyenoic.....g	0.033		0	NC	4		0.009		
Cholesterol.....mg	6		0		4		2		
Phytosterols.....mg									

Others:

NDB No. 44048
Cheese food, pasteurized process, American, imitation, without added vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Alcohol, ethyl.....g	0.0		0		7		0.0	
Caffeine.....mg	0		0	Z	7		0	
Theobromine.....mg	0		0	Z	7		0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01046
Cheese food, pasteurized process, American, vitamin D fortified

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.00	0.297	7	A	1		49.72	12.47	9.24
Energy.....kcal	330		0	NC	4		373	94	69
Energy.....kJ	1382		0	NC	4		1562	392	290
Protein (N x 6.38).....g	16.86	0.327	7	A	1		19.05	4.78	3.54
Total lipid (fat).....g	25.63	0.494	7	A	1		28.96	7.27	5.38
Ash.....g	4.96	0.334	7	A	1		5.60	1.41	1.04
Carbohydrate, by difference.....g	8.56		0	NC	4		9.67	2.43	1.80
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.59	0.203	3	A	1		6.31	1.58	1.17
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	5.41	0.187	3	A	1		6.11	1.53	1.14
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.18	0.017	3	A	1		0.20	0.05	0.04
Starch.....g									
Minerals:									
Calcium, Ca.....mg	682	114.769	10	A	1		771	193	143
Iron, Fe.....mg	0.26	0.077	10	A	1		0.29	0.07	0.05
Magnesium, Mg.....mg	27	1.037	10	A	1		31	8	6
Phosphorus, P.....mg	438	46.213	10	A	1		495	124	92
Potassium, K.....mg	255	14.508	10	A	1		288	72	53
Sodium, Na.....mg	1284	36.430	10	A	1		1451	364	270
Zinc, Zn.....mg	2.31	0.029	10	A	1		2.61	0.65	0.48
Copper, Cu.....mg	0.034	0.003	10	A	1		0.039	0.010	0.007
Manganese, Mn.....mg	0.025	0.003	10	A	1		0.029	0.007	0.005
Selenium, Se.....µg	19.6		2	A	1		22.2	5.6	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.035		2	A	1		0.040	0.010	0.007
Riboflavin.....mg	0.360	0.020	3	A	1		0.407	0.102	0.076
Niacin.....mg	0.155		2	A	1		0.175	0.044	0.033
Pantothenic acid.....mg	0.855		2	A	1		0.966	0.242	0.180
Vitamin B-6.....mg	0.102		1	A	1		0.115	0.029	0.021
Folate, total.....µg	7		0		4		8	2	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7		0		4		8	2	2
Folate, DFE.....µg	7		0	NC	4		8	2	2
Choline, total.....mg	36.2		0	AS	1		40.9	10.3	7.6
Betaine.....mg	1.4		1	A	1		1.6	0.4	0.3
Vitamin B-12.....µg	1.33	0.120	3	A	1		1.51	0.38	0.28
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	201		0	NC	4		228	57	42
Retinol.....µg	196		0	BFFN	4		222	56	41
Carotene, beta.....µg	65		0	BFFN	4		73	18	14
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	761		0	NC	4		860	216	160
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.63		2	A	1		0.71	0.18	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.06		2	A	1		0.07	0.02	0.01
Tocopherol, delta.....mg	0.01		2	A	1		0.01	0.00	0.00
Tocotrienol, alpha.....mg	0.02		2	A	1		0.03	0.01	0.00
Tocotrienol, beta.....mg	0.02		2	A	1		0.02	0.00	0.00

NDB No. 01046

Cheese food, pasteurized process, American, vitamin D fortified

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02		2	A	1		0.02	0.01	0.00
Tocotrienol, delta.....mg	0.05		2	A	1		0.06	0.01	0.01
Vitamin D (D2 + D3).....µg	2.5		4	AS	1		2.9	0.7	0.5
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	2.5		2	A	1		2.9	0.7	0.5
Vitamin D.....IU	102		2	A	1		115	29	21
Vitamin K (phylloquinone).....µg	3.4		1	A	1		3.8	1.0	0.7
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	15.057		0	NC	4		17.014	4.269	3.162
4:0.....g	0.515	0.029	3	A	1		0.582	0.146	0.108
6:0.....g	0.444	0.002	3	A	1		0.502	0.126	0.093
8:0.....g	0.276	0.011	3	A	1		0.312	0.078	0.058
10:0.....g	0.664	0.027	3	A	1		0.750	0.188	0.139
12:0.....g	0.743	0.039	3	A	1		0.840	0.211	0.156
13:0.....g	0.025	0.001	3	A	1		0.028	0.007	0.005
14:0.....g	2.473	0.127	3	A	1		2.794	0.701	0.519
15:0.....g	0.263	0.014	3	A	1		0.298	0.075	0.055
16:0.....g	6.837	0.380	3	A	1		7.726	1.938	1.436
17:0.....g	0.161	0.008	3	A	1		0.182	0.046	0.034
18:0.....g	2.601	0.134	3	A	1		2.939	0.737	0.546
20:0.....g	0.039	0.003	3	A	1		0.044	0.011	0.008
22:0.....g	0.018	0.002	3	A	1		0.020	0.005	0.004
24:0.....g	0.008	0.001	3	A	1		0.009	0.002	0.002
Fatty acids, total monounsaturated.....g	6.846		0	NC	4		7.736	1.941	1.438
14:1.....g	0.210	0.012	3	A	1		0.237	0.060	0.044
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.445	0.026	3	AS	1		0.503	0.126	0.094
16:1 c.....g	0.358	0.019	3	A	1		0.405	0.102	0.075
16:1 t.....g	0.087	0.007	3	A	1		0.098	0.025	0.018
17:1.....g	0.053	0.003	3	A	1		0.060	0.015	0.011
18:1 undifferentiated.....g	5.947	0.345	3	AS	1		6.720	1.686	1.249
18:1 c.....g	5.277	0.305	3	A	1		5.963	1.496	1.108
18:1 t.....g	0.670	0.041	3	A	1		0.757	0.190	0.141
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.190	0.013	3	A	1		0.214	0.054	0.040
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	3	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.049		0	NC	4		1.186	0.297	0.220
18:2 undifferentiated.....g	0.806	0.061	3	AS	1		0.911	0.228	0.169
18:2 n-6 c,c.....g	0.630	0.049	3	A	1		0.712	0.179	0.132
18:2 CLAs.....g	0.017	0.000	3	A	1		0.020	0.005	0.004
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.159	0.015	3	A	1		0.180	0.045	0.033
18:3 undifferentiated.....g	0.123	0.010	3	AS	1		0.139	0.035	0.026
18:3 n-3 c,c,c (ALA).....g	0.121	0.009	3	A	1		0.136	0.034	0.025
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.003	0.001	0.000
18:3i.....g									
18:4.....g	0.007	0.001	3	A	1		0.008	0.002	0.001
20:2 n-6 c,c.....g	0.008	0.001	3	A	1		0.009	0.002	0.002
20:3 undifferentiated.....g	0.028	0.002	3	AS	1		0.032	0.008	0.006
20:3 n-3.....g	0.002	0.001	3	A	1		0.002	0.000	0.000
20:3 n-6.....g	0.027	0.002	3	A	1		0.030	0.008	0.006
20:4 undifferentiated.....g	0.036	0.004	3	A	1		0.041	0.010	0.008
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008	0.004	3	A	1		0.009	0.002	0.002
21:5.....g									
22:4.....g	0.006	0.001	3	A	1		0.007	0.002	0.001
22:5 n-3 (DPA).....g	0.018	0.001	3	A	1		0.020	0.005	0.004

NDB No. 01046
Cheese food, pasteurized process, American, vitamin D fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Code	Code	Code			
22:6 n-3 (DHA).....g	0.005	0.001	3	A	1	0.006	0.001	0.001
Fatty acids, total trans.....g	0.917		0	NC	4	1.036	0.260	0.192
Fatty acids, total trans-monoenoic.....g	0.758		0	NC	4	0.856	0.215	0.159
Fatty acids, total trans-polyenoic.....g	0.159		0	NC	4	0.180	0.045	0.033
Cholesterol.....mg	98		2	A	1	110	28	20
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.241		0	A	1	0.273	0.068	0.051
Threonine.....g	0.720		0	A	1	0.814	0.204	0.151
Isoleucine.....g	0.858		0	A	1	0.970	0.243	0.180
Leucine.....g	1.592		0	A	1	1.799	0.451	0.334
Lysine.....g	1.302		0	A	1	1.471	0.369	0.273
Methionine.....g	0.380		0	A	1	0.430	0.108	0.080
Cystine.....g	0.174		0	A	1	0.197	0.049	0.037
Phenylalanine.....g	0.829		0	A	1	0.937	0.235	0.174
Tyrosine.....g	0.833		0	A	1	0.941	0.236	0.175
Valine.....g	1.010		0	A	1	1.141	0.286	0.212
Arginine.....g	0.613		0	A	1	0.693	0.174	0.129
Histidine.....g	0.448		0	A	1	0.506	0.127	0.094
Alanine.....g	0.518		0	A	1	0.586	0.147	0.109
Aspartic acid.....g	1.191		0	A	1	1.346	0.338	0.250
Glutamic acid.....g	3.495		0	A	1	3.949	0.991	0.734
Glycine.....g	0.322		0	A	1	0.364	0.091	0.068
Proline.....g	1.847		0	A	1	2.088	0.524	0.388
Serine.....g	0.932		0	A	1	1.053	0.264	0.196
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup
 Measure 2 = 28.35g: 1 oz
 Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01254

Cheese food, pasteurized process, American, without added vitam in D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.00	0.297	7	A	1		49.72	12.47	9.24
Energy.....kcal	330		0	NC	4		373	94	69
Energy.....kJ	1382		0	NC	4		1562	392	290
Protein (N x 6.38).....g	16.86	0.327	7	A	1		19.05	4.78	3.54
Total lipid (fat).....g	25.63	0.494	7	A	1		28.96	7.27	5.38
Ash.....g	4.96	0.334	7	A	1		5.60	1.41	1.04
Carbohydrate, by difference.....g	8.56		0	NC	4		9.67	2.43	1.80
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.59	0.203	3	A	1		6.31	1.58	1.17
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	5.41	0.187	3	A	1		6.11	1.53	1.14
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.18	0.017	3	A	1		0.20	0.05	0.04
Starch.....g									
Minerals:									
Calcium, Ca.....mg	682	114.769	10	A	1		771	193	143
Iron, Fe.....mg	0.26	0.077	10	A	1		0.29	0.07	0.05
Magnesium, Mg.....mg	27	1.037	10	A	1		31	8	6
Phosphorus, P.....mg	438	46.213	10	A	1		495	124	92
Potassium, K.....mg	255	14.508	10	A	1		288	72	53
Sodium, Na.....mg	1441		0	NR	4		1628	409	303
Zinc, Zn.....mg	2.31	0.029	10	A	1		2.61	0.65	0.48
Copper, Cu.....mg	0.034	0.003	10	A	1		0.039	0.010	0.007
Manganese, Mn.....mg	0.025	0.003	10	A	1		0.029	0.007	0.005
Selenium, Se.....µg	19.6		2	A	1		22.2	5.6	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.035		2	A	1		0.040	0.010	0.007
Riboflavin.....mg	0.360	0.020	3	A	1		0.407	0.102	0.076
Niacin.....mg	0.155		2	A	1		0.175	0.044	0.033
Pantothenic acid.....mg	0.855		2	A	1		0.966	0.242	0.180
Vitamin B-6.....mg	0.102		1	A	1		0.115	0.029	0.021
Folate, total.....µg	7		0		4		8	2	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7		0		4		8	2	2
Folate, DFE.....µg	7		0	NC	4		8	2	2
Choline, total.....mg	29.9		0	AS	1		33.8	8.5	6.3
Betaine.....mg	1.0		1	A	1		1.2	0.3	0.2
Vitamin B-12.....µg	1.33	0.120	3	A	1		1.51	0.38	0.28
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	240		0	AS	1		272	68	50
Retinol.....µg	235		1	A	1		266	67	49
Carotene, beta.....µg	58		2	A	1		66	17	12
Carotene, alpha.....µg	1		2	A	1		1	0	0
Cryptoxanthin, beta.....µg	11		2	A	1		12	3	2
Vitamin A, IU.....IU	890		0	AS	1		1006	252	187
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	23		2	A	1		26	6	5
Vitamin E (alpha-tocopherol).....mg	0.63		2	A	1		0.71	0.18	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.06		2	A	1		0.07	0.02	0.01
Tocopherol, delta.....mg	0.01		2	A	1		0.01	0.00	0.00
Tocotrienol, alpha.....mg	0.02		2	A	1		0.03	0.01	0.00
Tocotrienol, beta.....mg	0.02		2	A	1		0.02	0.00	0.00

Cheese food, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02		2	A	1		0.02	0.01	0.00
Tocotrienol, delta.....mg	0.05		2	A	1		0.06	0.01	0.01
Vitamin D (D2 + D3).....µg	2.5		4	AS	1		2.9	0.7	0.5
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	2.5		2	A	1		2.9	0.7	0.5
Vitamin D.....IU	102		2	A	1		115	29	21
Vitamin K (phylloquinone).....µg	2.6		2	A	1		3.0	0.7	0.6
Dihydrophyllquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	8.9		2	A	1		10.1	2.5	1.9
Lipids:									
Fatty acids, total saturated.....g	15.057		0	NC	4		17.014	4.269	3.162
4:0.....g	0.515	0.029	3	A	1		0.582	0.146	0.108
6:0.....g	0.444	0.002	3	A	1		0.502	0.126	0.093
8:0.....g	0.276	0.011	3	A	1		0.312	0.078	0.058
10:0.....g	0.664	0.027	3	A	1		0.750	0.188	0.139
12:0.....g	0.743	0.039	3	A	1		0.840	0.211	0.156
13:0.....g	0.025	0.001	3	A	1		0.028	0.007	0.005
14:0.....g	2.473	0.127	3	A	1		2.794	0.701	0.519
15:0.....g	0.263	0.014	3	A	1		0.298	0.075	0.055
16:0.....g	6.837	0.380	3	A	1		7.726	1.938	1.436
17:0.....g	0.161	0.008	3	A	1		0.182	0.046	0.034
18:0.....g	2.601	0.134	3	A	1		2.939	0.737	0.546
20:0.....g	0.039	0.003	3	A	1		0.044	0.011	0.008
22:0.....g	0.018	0.002	3	A	1		0.020	0.005	0.004
24:0.....g	0.008	0.001	3	A	1		0.009	0.002	0.002
Fatty acids, total monounsaturated.....g	6.846		0	NC	4		7.736	1.941	1.438
14:1.....g	0.210	0.012	3	A	1		0.237	0.060	0.044
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.445	0.026	3	AS	1		0.503	0.126	0.094
16:1 c.....g	0.358	0.019	3	A	1		0.405	0.102	0.075
16:1 t.....g	0.087	0.007	3	A	1		0.098	0.025	0.018
17:1.....g	0.053	0.003	3	A	1		0.060	0.015	0.011
18:1 undifferentiated.....g	5.947	0.345	3	AS	1		6.720	1.686	1.249
18:1 c.....g	5.277	0.305	3	A	1		5.963	1.496	1.108
18:1 t.....g	0.670	0.041	3	A	1		0.757	0.190	0.141
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.190	0.013	3	A	1		0.214	0.054	0.040
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	3	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.049		0	NC	4		1.186	0.297	0.220
18:2 undifferentiated.....g	0.806	0.061	3	AS	1		0.911	0.228	0.169
18:2 n-6 c,c.....g	0.630	0.049	3	A	1		0.712	0.179	0.132
18:2 CLAs.....g	0.017	0.000	3	A	1		0.020	0.005	0.004
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.159	0.015	3	A	1		0.180	0.045	0.033
18:3 undifferentiated.....g	0.123	0.010	3	AS	1		0.139	0.035	0.026
18:3 n-3 c,c,c (ALA).....g	0.121	0.009	3	A	1		0.136	0.034	0.025
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.003	0.001	0.000
18:3i.....g									
18:4.....g	0.007	0.001	3	A	1		0.008	0.002	0.001
20:2 n-6 c,c.....g	0.008	0.001	3	A	1		0.009	0.002	0.002
20:3 undifferentiated.....g	0.028	0.002	3	AS	1		0.032	0.008	0.006
20:3 n-3.....g	0.002	0.001	3	A	1		0.002	0.000	0.000
20:3 n-6.....g	0.027	0.002	3	A	1		0.030	0.008	0.006
20:4 undifferentiated.....g	0.036	0.004	3	A	1		0.041	0.010	0.008
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008	0.004	3	A	1		0.009	0.002	0.002
21:5.....g									
22:4.....g	0.006	0.001	3	A	1		0.007	0.002	0.001
22:5 n-3 (DPA).....g	0.018	0.001	3	A	1		0.020	0.005	0.004

NDB No. 01254

Cheese food, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Points	Code	Code			
22:6 n-3 (DHA).....g	0.005	0.001	3	A	1	0.006	0.001	0.001
Fatty acids, total trans.....g	0.917		0	NC	4	1.036	0.260	0.192
Fatty acids, total trans-monoenoic.....g	0.758		0	NC	4	0.856	0.215	0.159
Fatty acids, total trans-polyenoic.....g	0.159		0	NC	4	0.180	0.045	0.033
Cholesterol.....mg	98		2	A	1	110	28	20
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.241		0	A	1	0.273	0.068	0.051
Threonine.....g	0.720		0	A	1	0.814	0.204	0.151
Isoleucine.....g	0.858		0	A	1	0.970	0.243	0.180
Leucine.....g	1.592		0	A	1	1.799	0.451	0.334
Lysine.....g	1.302		0	A	1	1.471	0.369	0.273
Methionine.....g	0.380		0	A	1	0.430	0.108	0.080
Cystine.....g	0.174		0	A	1	0.197	0.049	0.037
Phenylalanine.....g	0.829		0	A	1	0.937	0.235	0.174
Tyrosine.....g	0.833		0	A	1	0.941	0.236	0.175
Valine.....g	1.010		0	A	1	1.141	0.286	0.212
Arginine.....g	0.613		0	A	1	0.693	0.174	0.129
Histidine.....g	0.448		0	A	1	0.506	0.127	0.094
Alanine.....g	0.518		0	A	1	0.586	0.147	0.109
Aspartic acid.....g	1.191		0	A	1	1.346	0.338	0.250
Glutamic acid.....g	3.495		0	A	1	3.949	0.991	0.734
Glycine.....g	0.322		0	A	1	0.364	0.091	0.068
Proline.....g	1.847		0	A	1	2.088	0.524	0.388
Serine.....g	0.932		0	A	1	1.053	0.264	0.196
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate** 3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01047
Cheese food, pasteurized process, swiss

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.67	0.138	10		1		12.38	99.13	
Energy.....kcal	323		0	NC	4		92	734	
Energy.....kJ	1352				4		383	3070	
Protein (N x 6.38).....g	21.92	0.695	10		1		6.21	49.76	
Total lipid (fat).....g	24.14	0.249	10		1		6.84	54.80	
Ash.....g	5.77	0.067	10		1		1.64	13.10	
Carbohydrate, by difference.....g	4.50		0	NC	4		1.28	10.22	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	723	31.542	10		1		205	1642	
Iron, Fe.....mg	0.60		1		1		0.17	1.36	
Magnesium, Mg.....mg	28		1		1		8	64	
Phosphorus, P.....mg	526		1		1		149	1194	
Potassium, K.....mg	284		1		1		81	645	
Sodium, Na.....mg	1552		1		1		440	3523	
Zinc, Zn.....mg	3.55		0		1		1.01	8.06	
Copper, Cu.....mg	0.030		0		1		0.009	0.068	
Manganese, Mn.....mg	0.010		0		1		0.003	0.023	
Selenium, Se.....µg	16.1		0	BFNN	4		4.6	36.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.014		0		1		0.004	0.032	
Riboflavin.....mg	0.400	0.023	10		1		0.113	0.908	
Niacin.....mg	0.104	0.004	7		1		0.029	0.236	
Pantothenic acid.....mg	0.500		1		1		0.142	1.135	
Vitamin B-6.....mg	0.035		0		4		0.010	0.079	
Folate, total.....µg	6		0		4		2	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		4		2	13	
Folate, DFE.....µg	6		0	NC	4		2	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.30		1		1		0.65	5.22	
Vitamin A, RAE.....µg	237		0	NC	4		67	538	
Retinol.....µg	233		0	NC	4		66	529	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	856	58.062	10		1		243	1943	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			
Fatty acids, total saturated.....g	15.487		0		4	4.391	35.155	
4:0.....g	0.787		0		4	0.223	1.786	
6:0.....g	0.472		0		4	0.134	1.071	
8:0.....g	0.265		0		4	0.075	0.602	
10:0.....g	0.552		0		4	0.156	1.253	
12:0.....g	0.546		0		4	0.155	1.239	
13:0.....g								
14:0.....g	2.695		0		4	0.764	6.118	
15:0.....g								
16:0.....g	6.938		0		4	1.967	15.749	
17:0.....g								
18:0.....g	2.511		0		4	0.712	5.700	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.801		0		4	1.928	15.438	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.653		0		4	0.185	1.482	
17:1.....g								
18:1 undifferentiated.....g	5.691		0		4	1.613	12.919	
20:1.....g	0.000		0		4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.600		0		4	0.170	1.362	
18:2 undifferentiated.....g	0.330		0		4	0.094	0.749	
18:3 undifferentiated.....g	0.270		0		4	0.077	0.613	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	82		0		1	23	186	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.319		0		4	0.090	0.724	
Threonine.....g	0.711		0		4	0.202	1.614	
Isoleucine.....g	1.013		0		4	0.287	2.300	
Leucine.....g	1.938		0		4	0.549	4.399	
Lysine.....g	2.175		0		4	0.617	4.937	
Methionine.....g	0.567		0		4	0.161	1.287	
Cystine.....g	0.141		0		4	0.040	0.320	
Phenylalanine.....g	1.113		0		4	0.316	2.527	
Tyrosine.....g	1.199		0		4	0.340	2.722	
Valine.....g	1.313		0		4	0.372	2.981	
Arginine.....g	0.917		0		4	0.260	2.082	
Histidine.....g	0.893		0		4	0.253	2.027	
Alanine.....g	0.550		0		4	0.156	1.249	
Aspartic acid.....g	1.346		0		4	0.382	3.055	
Glutamic acid.....g	4.549		0		4	1.290	10.326	
Glycine.....g	0.361		0		4	0.102	0.819	
Proline.....g	2.230		0		4	0.632	5.062	
Serine.....g	1.058		0		4	0.300	2.402	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01047

Cheese food, pasteurized process, swiss

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01215

Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	8.850		0		4		1.859	1.682	
4:0.....g	0.460		0		4		0.097	0.087	
6:0.....g	0.270		0		4		0.057	0.051	
8:0.....g	0.210		0		4		0.044	0.040	
10:0.....g	0.340		0		4		0.071	0.065	
12:0.....g	0.420		0		4		0.088	0.080	
13:0.....g									
14:0.....g	1.450		0		4		0.305	0.276	
15:0.....g									
16:0.....g	3.930		0		4		0.825	0.747	
17:0.....g									
18:0.....g	1.610		0		4		0.338	0.306	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.130		0		4		0.867	0.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		4		0.078	0.070	
17:1.....g									
18:1 undifferentiated.....g	3.470		0		4		0.729	0.659	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		4		0.086	0.078	
18:2 undifferentiated.....g	0.270		0		4		0.057	0.051	
18:3 undifferentiated.....g	0.150		0		4		0.032	0.029	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		4		11	10	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 slice 3/4 oz

Measure 2 = 19g: 1 slice 2/3 oz

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01252
Cheese product, pasteurized process, American, vitamin D fortified

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.22	0.192	15	A	1		8.40	9.29	
Energy.....kcal	312		0	NC	4		59	65	
Energy.....kJ	1304		0	NC	4		248	274	
Protein.....g	17.12	0.416	15	A	1		3.25	3.60	
Total lipid (fat).....g	23.11	0.258	15	A	1		4.39	4.85	
Ash.....g	6.75	0.124	15	A	1		1.28	1.42	
Carbohydrate, by difference.....g	8.80		0	NC	4		1.67	1.85	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	6.19	0.185	6	A	1		1.18	1.30	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	6.05	0.145	6	A	1		1.15	1.27	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.14	0.040	6	A	1		0.03	0.03	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1360	55.568	19	A	1		258	286	
Iron, Fe.....mg	0.89	0.052	19	A	1		0.17	0.19	
Magnesium, Mg.....mg	33	0.492	19	A	1		6	7	
Phosphorus, P.....mg	799	24.471	19	A	1		152	168	
Potassium, K.....mg	283	7.381	19	A	1		54	59	
Sodium, Na.....mg	1309	11.643	19	A	1		249	275	
Zinc, Zn.....mg	2.13	0.063	19	A	1		0.40	0.45	
Copper, Cu.....mg	0.037	0.003	19	A	1		0.007	0.008	
Manganese, Mn.....mg	0.048	0.002	19	A	1		0.009	0.010	
Selenium, Se.....µg	16.2		3	A	1		3.1	3.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.040		2	A	1		0.008	0.008	
Riboflavin.....mg	0.425	0.025	4	A	1		0.081	0.089	
Niacin.....mg	0.170		1	A	1		0.032	0.036	
Pantothenic acid.....mg	0.463		2	A	1		0.088	0.097	
Vitamin B-6.....mg	0.124		1	A	1		0.024	0.026	
Folate, total.....µg	18		0	BFZN	4		3	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	18		0	BFZN	4		3	4	
Folate, DFE.....µg	18		0	NC	4		3	4	
Choline, total.....mg	35.8		0	AS	1		6.8	7.5	
Betaine.....mg	1.2		1	A	1		0.2	0.3	
Vitamin B-12.....µg	1.52	0.042	3	A	1		0.29	0.32	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	270		0	AS	1		51	57	
Retinol.....µg	248		3	A	1		47	52	
Carotene, beta.....µg	248		3	A	1		47	52	
Carotene, alpha.....µg	1		3	A	1		0	0	
Cryptoxanthin, beta.....µg	23		3	A	1		4	5	
Vitamin A, IU.....IU	1261		0	AS	1		240	265	
Lycopene.....µg	0		3	A	1		0	0	
Lutein + zeaxanthin.....µg	60		3	A	1		11	13	
Vitamin E (alpha-tocopherol).....mg	0.84		2	A	1		0.16	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.04		2	A	1		0.01	0.01	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.01		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.01		2	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.02		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	6.5		3	AS	1		1.2	1.4	
Vitamin D2 (ergocalciferol).....µg	0.0		3	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	6.5		3	A	1		1.2	1.4	
Vitamin D.....IU	259		3	A	1		49	54	
Vitamin K (phylloquinone).....µg	3.1		2	A	1		0.6	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	5.0		2	A	1		1.0	1.1	
Lipids:									
Fatty acids, total saturated.....g	13.341		0	NC	4		2.535	2.802	
4:0.....g	0.470	0.005	6	A	1		0.089	0.099	
6:0.....g	0.380	0.003	6	A	1		0.072	0.080	
8:0.....g	0.257	0.002	6	A	1		0.049	0.054	
10:0.....g	0.589	0.008	6	A	1		0.112	0.124	
12:0.....g	0.658	0.006	6	A	1		0.125	0.138	
13:0.....g									
14:0.....g	2.147	0.015	6	A	1		0.408	0.451	
15:0.....g	0.232	0.003	6	A	1		0.044	0.049	
16:0.....g	5.945	0.040	6	A	1		1.130	1.248	
17:0.....g	0.143	0.001	6	A	1		0.027	0.030	
18:0.....g	2.450	0.021	6	A	1		0.465	0.514	
20:0.....g	0.036	0.000	6	A	1		0.007	0.007	
22:0.....g	0.015	0.000	6	A	1		0.003	0.003	
24:0.....g	0.007	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	6.243		0	NC	4		1.186	1.311	
14:1.....g	0.170	0.001	6	A	1		0.032	0.036	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.370	0.007	6	AS	1		0.070	0.078	
16:1 c.....g	0.291	0.007	6	A	1		0.055	0.061	
16:1 t.....g	0.079	0.000	6	A	1		0.015	0.017	
17:1.....g	0.046	0.001	6	A	1		0.009	0.010	
18:1 undifferentiated.....g	5.486	0.040	6	AS	1		1.042	1.152	
18:1 c.....g	4.836	0.035	6	A	1		0.919	1.016	
18:1 t.....g	0.650	0.007	6	A	1		0.123	0.136	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.168	0.003	6	A	1		0.032	0.035	
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.000	0.000	
22:1 c.....g	0.001	0.001	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.005		0	NC	4		0.191	0.211	
18:2 undifferentiated.....g	0.791	0.044	6	AS	1		0.150	0.166	
18:2 n-6 c,c.....g	0.622	0.040	6	A	1		0.118	0.131	
18:2 CLAs.....g	0.017	0.002	6	A	1		0.003	0.004	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.151	0.007	6	A	1		0.029	0.032	
18:3 undifferentiated.....g	0.107	0.004	6	AS	1		0.020	0.022	
18:3 n-3 c,c,c (ALA).....g	0.106	0.004	6	A	1		0.020	0.022	
18:3 n-6 c,c,c.....g	0.001	0.001	6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.006	0.001	6	A	1		0.001	0.001	
20:2 n-6 c,c.....g	0.006	0.000	6	A	1		0.001	0.001	
20:3 undifferentiated.....g	0.028	0.001	6	AS	1		0.005	0.006	
20:3 n-3.....g	0.002	0.001	6	A	1		0.000	0.000	
20:3 n-6.....g	0.025	0.000	6	A	1		0.005	0.005	
20:4 undifferentiated.....g	0.031	0.002	6	A	1		0.006	0.006	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.009	0.000	6	A	1		0.002	0.002	
21:5.....g									
22:4.....g	0.006	0.001	6	A	1		0.001	0.001	
22:5 n-3 (DPA).....g	0.015	0.000	6	A	1		0.003	0.003	

NDB No. 01252

Cheese product, pasteurized process, American, vitamin D fortified

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
22:6 n-3 (DHA).....g	0.003	0.001	6	A	1		0.001	0.001
Fatty acids, total trans.....g	0.881		0	NC	4		0.167	0.185
Fatty acids, total trans-monoenoic.....g	0.729		0	NC	4		0.139	0.153
Fatty acids, total trans-polyenoic.....g	0.151		0	NC	4		0.029	0.032
Cholesterol.....mg	78		3	A	1		15	16
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 slice (2/3 oz)

Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese product, pasteurized process, cheddar, reduced fat

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units			Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	51.80		0		4		14.50		
Energy.....kcal	240		0	NC	4		67		
Energy.....kJ	1003		0	NC	4		281		
Protein.....g	17.60		0		4		4.93		
Total lipid (fat).....g	14.10		0		4		3.95		
Ash.....g	5.90		0	NR	4		1.65		
Carbohydrate, by difference.....g	10.60		0		4		2.97		
Fiber, total dietary.....g	0.0		0		7		0.0		
Sugars, total.....g	8.02		0	BFNN	4		2.25		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	529		0		4		148		
Iron, Fe.....mg	0.20		0		4		0.06		
Magnesium, Mg.....mg	33		0		4		9		
Phosphorus, P.....mg	829		0		4		232		
Potassium, K.....mg	330		0		4		92		
Sodium, Na.....mg	1587		0		4		444		
Zinc, Zn.....mg	2.36		0		4		0.66		
Copper, Cu.....mg	0.030		0		4		0.008		
Manganese, Mn.....mg									
Selenium, Se.....µg	12.4		0	BFNN	4		3.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.070		0		4		0.020		
Riboflavin.....mg	0.480		0		4		0.134		
Niacin.....mg	0.180		0		4		0.050		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0		4		0.022		
Folate, total.....µg	18		0		4		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	18		0	NR	4		5		
Folate, DFE.....µg	18		0	NC	4		5		
Choline, total.....mg	36.2		0	T	4		10.1		
Betaine.....mg									
Vitamin B-12.....µg	1.11		0		4		0.31		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	254		0	NC	4		71		
Retinol.....µg	247		0	BFZN	4		69		
Carotene, beta.....µg	82		0	BFZN	4		23		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	961		0	NC	4		269		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFZN	4		0.08		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	AS	1		0.1		
Vitamin D.....IU	10		0	BFFN	4		3		
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		0.7		
Dihydrophyllquinone.....µg									

NDB No. 42258

Cheese product, pasteurized process, cheddar, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	8.850		0		4		2.478
4:0.....g	0.460		0		4		0.129
6:0.....g	0.270		0		4		0.076
8:0.....g	0.210		0		4		0.059
10:0.....g	0.340		0		4		0.095
12:0.....g	0.420		0		4		0.118
13:0.....g							
14:0.....g	1.450		0		4		0.406
15:0.....g							
16:0.....g	3.930		0		4		1.100
17:0.....g							
18:0.....g	1.610		0		4		0.451
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.130		0		4		1.156
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.370		0		4		0.104
17:1.....g							
18:1 undifferentiated.....g	3.470		0		4		0.972
20:1.....g	0.000		0		4		0.000
22:1 undifferentiated.....g	0.000		0		4		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.410		0		4		0.115
18:2 undifferentiated.....g	0.270		0		4		0.076
18:3 undifferentiated.....g	0.150		0		4		0.042
18:4.....g	0.000		0		4		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4		0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	53		0		4		15
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0
Theobromine.....mg	0		0	Z	7		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice 1 oz

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Number			Source	measures of food			
	Mean	Std. Error	Points		Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Confidence			
			Code	Code	Code			
Proximates:								
Water.....g	66.86		0		1	20.06	162.47	
Energy.....kcal	197		0	NC	4	59	478	
Energy.....kJ	824		0	NC	4	247	2002	
Protein (N x 6.38).....g	10.33		0		1	3.10	25.10	
Total lipid (fat).....g	14.92		0		1	4.48	36.26	
Ash.....g	2.41		0		1	0.72	5.86	
Carbohydrate, by difference.....g	5.48		0	NC	4	1.64	13.32	
Fiber, total dietary.....g	0.1		0		4	0.0	0.2	
Sugars, total.....g	0.19		0	NR	4	0.06	0.47	
Sucrose.....g	0.08		0	RA	4	0.02	0.18	
Glucose (dextrose).....g								
Fructose.....g								
Lactose.....g	0.07		0	RA	4	0.02	0.17	
Maltose.....g	0.05		0	RA	4	0.01	0.11	
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	311		0		1	93	756	
Iron, Fe.....mg	0.35		0		1	0.11	0.85	
Magnesium, Mg.....mg	19		0		1	6	46	
Phosphorus, P.....mg	229		0		1	69	556	
Potassium, K.....mg	142		0		1	43	345	
Sodium, Na.....mg	493		0		1	148	1198	
Zinc, Zn.....mg	1.26		0		1	0.38	3.06	
Copper, Cu.....mg	0.019		0		1	0.006	0.046	
Manganese, Mn.....mg	0.040		0		1	0.012	0.097	
Selenium, Se.....µg	6.6		0	RA	4	2.0	16.0	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1	0.2	1.5	
Thiamin.....mg	0.044		0		1	0.013	0.107	
Riboflavin.....mg	0.243		0		1	0.073	0.590	
Niacin.....mg	0.204		0		1	0.061	0.496	
Pantothenic acid.....mg	0.233		0		1	0.070	0.566	
Vitamin B-6.....mg	0.045		0		1	0.014	0.109	
Folate, total.....µg	10		0	RA	4	3	24	
Folic acid.....µg	2		0	NC	4	1	5	
Folate, food.....µg	8		0		1	2	19	
Folate, DFE.....µg	11		0	NC	4	3	28	
Choline, total.....mg	5.1		0	T	4	1.5	12.4	
Betaine.....mg								
Vitamin B-12.....µg	0.35		0		1	0.11	0.85	
Vitamin B-12, added.....µg	0.00		0	RA	4	0.00	0.00	
Vitamin A, RAE.....µg	82		0	NC	4	25	200	
Retinol.....µg	80		0	T	4	24	194	
Carotene, beta.....µg	26		0	T	4	8	63	
Carotene, alpha.....µg	0		0	RA	4	0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4	0	0	
Vitamin A, IU.....IU	310		0	NC	4	93	753	
Lycopene.....µg	0		0	RA	4	0	0	
Lutein + zeaxanthin.....µg	0		0	RA	4	0	1	
Vitamin E (alpha-tocopherol).....mg	0.09		0	T	4	0.03	0.22	
Vitamin E, added.....mg	0.00		0	RA	4	0.00	0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								

Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	RA	4		0.3	2.5	
Vitamin D.....IU	41		0	RA	4		12	100	
Vitamin K (phylloquinone).....µg	0.9		0	T	4		0.3	2.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	8.034		0		1		2.410	19.523	
4:0.....g	0.385		0		1		0.116	0.936	
6:0.....g	0.199		0		1		0.060	0.484	
8:0.....g	0.106		0		1		0.032	0.258	
10:0.....g	0.230		0		1		0.069	0.559	
12:0.....g	0.215		0		1		0.065	0.522	
13:0.....g									
14:0.....g	1.231		0		1		0.369	2.991	
15:0.....g									
16:0.....g	3.952		0		1		1.186	9.603	
17:0.....g									
18:0.....g	1.712		0		1		0.514	4.160	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.735		0		1		1.421	11.506	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.358		0		1		0.107	0.870	
17:1.....g									
18:1 undifferentiated.....g	4.375		0		1		1.313	10.631	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.397		0		1		0.419	3.395	
18:2 undifferentiated.....g	1.213		0		1		0.364	2.948	
18:3 undifferentiated.....g	0.184		0		1		0.055	0.447	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	38		0		1		11	92	
Phytosterols.....mg	11		0		1		3	27	
<u>Amino Acids:</u>									
Tryptophan.....g	0.123		0		1		0.037	0.299	
Threonine.....g	0.355		0		1		0.107	0.863	
Isoleucine.....g	0.578		0		1		0.173	1.405	
Leucine.....g	0.902		0		1		0.271	2.192	
Lysine.....g	0.772		0		1		0.232	1.876	
Methionine.....g	0.243		0		1		0.073	0.590	
Cystine.....g	0.056		0		1		0.017	0.136	
Phenylalanine.....g	0.484		0		1		0.145	1.176	
Tyrosine.....g	0.452		0		1		0.136	1.098	
Valine.....g	0.627		0		1		0.188	1.524	
Arginine.....g	0.351		0		1		0.105	0.853	
Histidine.....g	0.311		0		1		0.093	0.756	
Alanine.....g	0.279		0		1		0.084	0.678	
Aspartic acid.....g	0.628		0		1		0.188	1.526	
Glutamic acid.....g	2.214		0		1		0.664	5.380	
Glycine.....g	0.170		0		1		0.051	0.413	

NDB No. 01164

Cheese sauce, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
Proline.....g	1.021		0		1	0.306	2.481	
Serine.....g	0.539		0		1	0.162	1.310	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 tbsp

Measure 2 = 243g: 1 cup

Calories Factors: Protein 4.08

Fat 8.92

Carbohydrate 3.95

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01259
Cheese spread, American or Cheddar cheese base, reduced fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	61.82	2.812	10	A	1		12.98	349.90	
Energy.....kcal	176		0	NC	4		37	998	
Energy.....kJ	738		0	NC	4		155	4177	
Protein.....g	13.41	1.172	10	A	1		2.82	75.90	
Total lipid (fat).....g	8.88	0.221	10	A	1		1.86	50.26	
Ash.....g	5.18	0.437	10	A	1		1.09	29.32	
Carbohydrate, by difference.....g	10.71		0	NC	4		2.25	60.62	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	7.06	0.399	4	A	1		1.48	39.94	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	557	85.239	10	A	1		117	3151	
Iron, Fe.....mg	0.36	0.062	10	A	1		0.08	2.03	
Magnesium, Mg.....mg	27	2.662	10	A	1		6	152	
Phosphorus, P.....mg	931	50.643	10	A	1		195	5267	
Potassium, K.....mg	250	16.126	10	A	1		53	1416	
Sodium, Na.....mg	1102	86.302	10	A	1		231	6235	
Zinc, Zn.....mg	1.81	0.074	10	A	1		0.38	10.25	
Copper, Cu.....mg	0.032	0.004	10	A	1		0.007	0.181	
Manganese, Mn.....mg	0.026	0.004	10	A	1		0.005	0.145	
Selenium, Se.....µg	15.5	1.335	6	A	1		3.3	87.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.038	0.004	6	A	1		0.008	0.217	
Riboflavin.....mg	0.442	0.037	6	A	1		0.093	2.500	
Niacin.....mg	0.153	0.007	6	A	1		0.032	0.868	
Pantothenic acid.....mg	0.797	0.154	4	A	1		0.167	4.514	
Vitamin B-6.....mg	0.099	0.012	6	A	1		0.021	0.563	
Folate, total.....µg	0		0	Z	7		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0	Z	7		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	42.6		0	AS	1		8.9	241.0	
Betaine.....mg									
Vitamin B-12.....µg	1.17	0.289	6	A	1		0.25	6.64	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	185		0	AS	1		39	1049	
Retinol.....µg	183		2	A	1		38	1036	
Carotene, beta.....µg	27	8.497	4	A	1		6	155	
Carotene, alpha.....µg	0	0.116	4	A	1		0	1	
Cryptoxanthin, beta.....µg	1		2	A	1		0	5	
Vitamin A, IU.....IU	656		0	AS	1		138	3715	
Lycopene.....µg	0	0.220	4	A	1		0	2	
Lutein + zeaxanthin.....µg	11	6.581	4	A	1		2	64	
Vitamin E (alpha-tocopherol).....mg	0.46	0.105	6	A	1		0.10	2.63	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01259

Cheese spread, American or Cheddar cheese base, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	5.647		0	NC	4		1.186	31.959	
4:0.....g	0.205	0.004	6	A	1		0.043	1.161	
6:0.....g	0.156	0.002	6	A	1		0.033	0.884	
8:0.....g	0.104	0.004	6	A	1		0.022	0.587	
10:0.....g	0.247	0.005	6	A	1		0.052	1.400	
12:0.....g	0.280	0.006	6	A	1		0.059	1.585	
13:0.....g									
14:0.....g	0.906	0.017	6	A	1		0.190	5.126	
15:0.....g	0.098	0.003	6	A	1		0.021	0.554	
16:0.....g	2.610	0.071	6	A	1		0.548	14.775	
17:0.....g	0.057	0.001	6	A	1		0.012	0.321	
18:0.....g	0.962	0.035	6	A	1		0.202	5.444	
20:0.....g	0.014	0.001	6	A	1		0.003	0.081	
22:0.....g	0.004	0.000	6	A	1		0.001	0.024	
24:0.....g	0.003	0.000	6	A	1		0.001	0.016	
Fatty acids, total monounsaturated.....g	2.458		0	NC	4		0.516	13.914	
14:1.....g	0.092	0.002	6	A	1		0.019	0.518	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.152	0.006	6	AS	1		0.032	0.862	
16:1 c.....g	0.121	0.004	6	A	1		0.025	0.684	
16:1 t.....g	0.031	0.002	6	A	1		0.007	0.177	
17:1.....g	0.018	0.000	6	A	1		0.004	0.102	
18:1 undifferentiated.....g	2.173	0.080	6	AS	1		0.456	12.299	
18:1 c.....g	1.938	0.069	6	A	1		0.407	10.970	
18:1 t.....g	0.235	0.011	6	A	1		0.049	1.329	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.019	0.001	6	A	1		0.004	0.108	
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.005	0.001	6	A	1		0.001	0.025	
Fatty acids, total polyunsaturated.....g	0.415		0	NC	4		0.087	2.348	
18:2 undifferentiated.....g	0.331	0.013	6	AS	1		0.070	1.876	
18:2 n-6 c,c.....g	0.226	0.010	6	A	1		0.047	1.278	
18:2 CLAs.....g	0.045	0.003	6	A	1		0.010	0.257	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.060	0.002	6	A	1		0.013	0.340	
18:3 undifferentiated.....g	0.039	0.002	6	AS	1		0.008	0.223	
18:3 n-3 c,c,c (ALA).....g	0.039	0.002	6	A	1		0.008	0.220	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i.....g	0.001	0.000	6	A	1		0.000	0.003	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.001	6	A	1		0.000	0.009	
20:3 undifferentiated.....g	0.011	0.000	6	AS	1		0.002	0.062	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.011	0.000	6	A	1		0.002	0.062	
20:4 undifferentiated.....g	0.017	0.001	6	A	1		0.004	0.095	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	6	A	1		0.001	0.024	
21:5.....g									
22:4.....g	0.003	0.001	6	A	1		0.001	0.019	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.001	0.037	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.327		0	NC	4		0.069	1.849	
Fatty acids, total trans-monoenoic.....g	0.266		0	NC	4		0.056	1.506	
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.013	0.343	
Cholesterol.....mg	38	3.349	6	A	1		8	216	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01259
Cheese spread, American or Cheddar cheese base, reduced fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 21g: 1 piece
Measure 2 = 566g: 1 package

Calories Factors: Protein Fat Carbohydrate **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43276
Cheese spread, cream cheese base

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	58.50		1		1	16.58	140.40		
Energy.....kcal	295		0		1	84	708		
Energy.....kJ	1234		0		1	350	2962		
Protein.....g	7.10		1		1	2.01	17.04		
Total lipid (fat).....g	28.60		1		1	8.11	68.64		
Ash.....g	2.30		0	NR	4	0.65	5.52		
Carbohydrate, by difference.....g	3.50		0	NC	4	0.99	8.40		
Fiber, total dietary.....g	0.0		0		7	0.0	0.0		
Sugars, total.....g	3.50		0	NR	4	0.99	8.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71		1		1	20	170		
Iron, Fe.....mg	1.13		0		4	0.32	2.71		
Magnesium, Mg.....mg	6		0		4	2	14		
Phosphorus, P.....mg	91		1		1	26	218		
Potassium, K.....mg	112		0		4	32	269		
Sodium, Na.....mg	436		0	NR	4	124	1046		
Zinc, Zn.....mg	0.51		0		4	0.14	1.22		
Copper, Cu.....mg	0.015		0		4	0.004	0.036		
Manganese, Mn.....mg									
Selenium, Se.....µg	2.7		0	BFNN	4	0.8	6.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7	0.0	0.0		
Thiamin.....mg	0.020		0		4	0.006	0.048		
Riboflavin.....mg	0.190		0		4	0.054	0.456		
Niacin.....mg	0.950		0		4	0.269	2.280		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4	0.011	0.096		
Folate, total.....µg	12		0		4	3	29		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	12		0		4	3	29		
Folate, DFE.....µg	12		0	NC	4	3	29		
Choline, total.....mg	27.2		0	BFZN	4	7.7	65.3		
Betaine.....mg									
Vitamin B-12.....µg	0.40		0		4	0.11	0.96		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	302		0	NC	4	85	724		
Retinol.....µg	300		0	BFFN	4	85	720		
Carotene, beta.....µg	19		0	T	4	5	46		
Carotene, alpha.....µg	0		0	Z	7	0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0		
Vitamin A, IU.....IU	1031		0	NC	4	292	2475		
Lycopene.....µg	0		0	Z	7	0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	0.77		0	NR	4	0.22	1.85		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1	0.1	1.3		
Vitamin D.....IU	21		0	BFFN	4	6	50		
Vitamin K (phylloquinone).....µg	2.4		0	BFFN	4	0.7	5.7		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43276
Cheese spread, cream cheese base

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	18.020		0		4		5.109	43.248	
4:0.....g	0.820		0		4		0.232	1.968	
6:0.....g	0.238		0		4		0.067	0.571	
8:0.....g	0.279		0		4		0.079	0.670	
10:0.....g	0.550		0		4		0.156	1.320	
12:0.....g	0.377		0		4		0.107	0.905	
13:0.....g									
14:0.....g	2.953		0		4		0.837	7.087	
15:0.....g									
16:0.....g	8.645		0		4		2.451	20.748	
17:0.....g									
18:0.....g	3.314		0		4		0.940	7.954	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.071		0		4		2.288	19.370	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.804		0		4		0.228	1.930	
17:1.....g									
18:1 undifferentiated.....g	6.874		0		4		1.949	16.498	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.033		0		4		0.293	2.479	
18:2 undifferentiated.....g	0.632		0		4		0.179	1.517	
18:3 undifferentiated.....g	0.402		0		4		0.114	0.965	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		4		26	216	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese spread, pasteurized process, American

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Points	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				of Data Deriv					
Proximates:									
Water.....g	47.65	0.517	31		1		66.71	116.27	60.99
Energy.....kcal	290		0	NC	4		407	709	372
Energy.....kJ	1215		0		4		1701	2965	1556
Protein (N x 6.38).....g	16.41	0.449	23		1		22.97	40.04	21.00
Total lipid (fat).....g	21.23	0.382	28		1		29.72	51.80	27.17
Ash.....g	5.98	0.109	19		1		8.37	14.59	7.65
Carbohydrate, by difference.....g	8.73		0	NC	4		12.22	21.30	11.17
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	7.32		0	BFFN	4		10.25	17.86	9.37
Starch.....g									
Minerals:									
Calcium, Ca.....mg	562	14.121	9		1		787	1371	719
Iron, Fe.....mg	0.33	0.028	4		1		0.46	0.81	0.42
Magnesium, Mg.....mg	29	2.799	4		1		40	70	37
Phosphorus, P.....mg	875		0	BFFN	4		1225	2135	1120
Potassium, K.....mg	242	66.976	4		1		339	590	310
Sodium, Na.....mg	1625		0	BFFN	4		2275	3965	2080
Zinc, Zn.....mg	2.59	0.170	5		1		3.63	6.32	3.32
Copper, Cu.....mg	0.033		0		1		0.046	0.081	0.042
Manganese, Mn.....mg	0.020		0		1		0.028	0.049	0.026
Selenium, Se.....µg	11.3	1.073	9	A	1		15.8	27.6	14.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.048	0.002	9		1		0.067	0.117	0.061
Riboflavin.....mg	0.431	0.023	11		1		0.603	1.052	0.552
Niacin.....mg	0.131	0.011	32		1		0.183	0.320	0.168
Pantothenic acid.....mg	0.686		15		1		0.960	1.674	0.878
Vitamin B-6.....mg	0.117	0.004	24		1		0.164	0.285	0.150
Folate, total.....µg	7	0.585	3		1		10	17	9
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7	0.585	3		1		10	17	9
Folate, DFE.....µg	7		0	NC	4		10	17	9
Choline, total.....mg	36.2		0	T	4		50.7	88.3	46.3
Betaine.....mg									
Vitamin B-12.....µg	0.40		1		1		0.56	0.98	0.51
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	173		0	NC	4		242	421	221
Retinol.....µg	168		0	BFFN	4		235	410	215
Carotene, beta.....µg	55		0	BFFN	4		78	135	71
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	653		0	NC	4		914	1593	835
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFFN	4		0.26	0.45	0.24
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.5	1.0	0.5
Vitamin D.....IU	16		0	BFFN	4		22	38	20
Vitamin K (phylloquinone)									

NDB No. 01048
Cheese spread, pasteurized process, American

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
					Confidence			
					Code			
Lipids:								
Fatty acids, total saturated.....g	13.327		0		1	18.658	32.518	17.059
4:0.....g	0.688		0		1	0.963	1.679	0.881
6:0.....g	0.408		0		1	0.571	0.996	0.522
8:0.....g	0.311		1		1	0.435	0.759	0.398
10:0.....g	0.513		2		1	0.718	1.252	0.657
12:0.....g	0.632	0.044	4		1	0.885	1.542	0.809
13:0.....g								
14:0.....g	2.181	0.077	4		1	3.053	5.322	2.792
15:0.....g								
16:0.....g	5.908	0.137	4		1	8.271	14.416	7.562
17:0.....g								
18:0.....g	2.434	0.108	4		1	3.408	5.939	3.116
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.219		0		1	8.707	15.174	7.960
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.560	0.044	4		1	0.784	1.366	0.717
17:1.....g								
18:1 undifferentiated.....g	5.221	0.179	4		1	7.309	12.739	6.683
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.624		0		1	0.874	1.523	0.799
18:2 undifferentiated.....g	0.400	0.040	4		1	0.560	0.976	0.512
18:3 undifferentiated.....g	0.223	0.027	3		1	0.312	0.544	0.285
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	55		0		1	77	135	71
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.239		0		4	0.335	0.583	0.306
Threonine.....g	0.628		0		1	0.879	1.532	0.804
Isoleucine.....g	0.833		0		1	1.166	2.033	1.066
Leucine.....g	1.780		0		1	2.492	4.343	2.278
Lysine.....g	1.507		0		1	2.110	3.677	1.929
Methionine.....g	0.538		0		1	0.753	1.313	0.689
Cystine.....g	0.105		0		4	0.147	0.256	0.134
Phenylalanine.....g	0.931		0		1	1.303	2.272	1.192
Tyrosine.....g	0.890		0		1	1.246	2.172	1.139
Valine.....g	1.366		0		1	1.912	3.333	1.748
Arginine.....g	0.545		0		1	0.763	1.330	0.698
Histidine.....g	0.509		0		1	0.713	1.242	0.652
Alanine.....g	0.602		0		1	0.843	1.469	0.771
Aspartic acid.....g	1.103		0		1	1.544	2.691	1.412
Glutamic acid.....g	3.475		0		1	4.865	8.479	4.448
Glycine.....g	0.311		0		1	0.435	0.759	0.398
Proline.....g	2.320		0		1	3.248	5.661	2.970
Serine.....g	1.037		0		1	1.452	2.530	1.327
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 01048
Cheese spread, pasteurized process, American

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 140g: 1 cup, diced
Measure 2 = 244g: 1 cup
Measure 3 = 128g: 1 jar (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.36	0.718	4		1		53.52	13.43	8.52
Energy.....kcal	248		0	NC	4		280	70	45
Energy.....kJ	1038		0		4		1173	294	187
Protein (N x 6.38).....g	11.47	0.589	4		1		12.96	3.25	2.06
Total lipid (fat).....g	12.22	0.422	4		1		13.81	3.46	2.20
Ash.....g	5.27	0.085	4		1		5.96	1.49	0.95
Carbohydrate, by difference.....g	23.67		0	NC	4		26.75	6.71	4.26
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	23.67		0	NR	4		26.75	6.71	4.26
Starch.....g									
Minerals:									
Calcium, Ca.....mg	610	182.345	4		1		689	173	110
Iron, Fe.....mg	0.40		0		1		0.45	0.11	0.07
Magnesium, Mg.....mg	41	6.332	4		1		46	12	7
Phosphorus, P.....mg	583	155.892	4		1		659	165	105
Potassium, K.....mg	455	233.722	4		1		514	129	82
Sodium, Na.....mg	685	272.760	4		1		774	194	123
Zinc, Zn.....mg	1.92	0.932	4		1		2.17	0.54	0.35
Copper, Cu.....mg	0.110	0.063	4		1		0.124	0.031	0.020
Manganese, Mn.....mg	0.028	0.009	4		1		0.032	0.008	0.005
Selenium, Se.....µg	19.2		0	BFNN	4		21.7	5.4	3.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1	0.039	4		1		0.1	0.0	0.0
Thiamin.....mg	0.026	0.001	4		1		0.029	0.007	0.005
Riboflavin.....mg	0.444	0.026	4		1		0.502	0.126	0.080
Niacin.....mg	0.317	0.026	4		1		0.358	0.090	0.057
Pantothenic acid.....mg	0.083	0.002	4		1		0.094	0.024	0.015
Vitamin B-6.....mg	0.051	0.018	4		1		0.058	0.014	0.009
Folate, total.....µg	11	6.394	4		1		12	3	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	11	6.394	4		1		12	3	2
Folate, DFE.....µg	11		0	NC	4		12	3	2
Choline, total.....mg	13.7		0	BFSN	4		15.5	3.9	2.5
Betaine.....mg									
Vitamin B-12.....µg	0.81	0.042	4		1		0.92	0.23	0.15
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	437		0	NC	4		494	124	79
Retinol.....µg	437		0	NC	4		494	124	79
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1457		0	NC	4		1646	413	262
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.11		0	BFFN	4		0.12	0.03	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.0		0	BFFN	4		1.2	0.3	0.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01161
Cheese substitute, mozzarella

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	3.711		0		1		4.193	1.052	0.668
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.012		1		1		0.014	0.003	0.002
10:0.....g	0.012		1		1		0.014	0.003	0.002
12:0.....g	0.048		1		1		0.054	0.014	0.009
13:0.....g									
14:0.....g	0.049		1		1		0.055	0.014	0.009
15:0.....g									
16:0.....g	2.369		1		1		2.677	0.672	0.426
17:0.....g									
18:0.....g	1.222		1		1		1.381	0.346	0.220
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.243		0		1		7.055	1.770	1.124
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	6.243		1		1		7.055	1.770	1.124
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.738		0		1		1.964	0.493	0.313
18:2 undifferentiated.....g	1.664		1		1		1.880	0.472	0.300
18:3 undifferentiated.....g	0.074		1		1		0.084	0.021	0.013
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0		1		0.171	0.043	0.027
Threonine.....g	0.397		0		1		0.449	0.113	0.071
Isoleucine.....g	0.570		0		1		0.644	0.162	0.103
Leucine.....g	0.924		0		1		1.044	0.262	0.166
Lysine.....g	0.793		0		1		0.896	0.225	0.143
Methionine.....g	0.282		0		1		0.319	0.080	0.051
Cystine.....g	0.050		0		1		0.057	0.014	0.009
Phenylalanine.....g	0.525		0		1		0.593	0.149	0.095
Tyrosine.....g	0.572		0		1		0.646	0.162	0.103
Valine.....g	0.680		0		1		0.768	0.193	0.122
Arginine.....g	0.388		0		1		0.438	0.110	0.070
Histidine.....g	0.286		0		1		0.323	0.081	0.051
Alanine.....g	0.273		0		1		0.308	0.077	0.049
Aspartic acid.....g	0.682		0		1		0.771	0.193	0.123
Glutamic acid.....g	2.172		0		1		2.454	0.616	0.391
Glycine.....g	0.167		0		1		0.189	0.047	0.030
Proline.....g	1.036		0		1		1.171	0.294	0.186
Serine.....g	0.532		0		1		0.601	0.151	0.096
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01161
Cheese substitute, mozzarella

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01061
Cheese, American, nonfat or fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	26		0	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01251
Cheese, Mexican blend

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	RA	4		0.1		
Vitamin D.....IU	21		0	RA	4		6		
Vitamin K (phylloquinone).....µg	2.5		0	RA	4		0.7		
Dihydrophyllloquinone.....µg	0.0		0	RA	4		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	17.027		0	RA	4		4.768		
4:0.....g	0.922		0	RA	4		0.258		
6:0.....g	0.417		0	RA	4		0.117		
8:0.....g	0.271		0	RA	4		0.076		
10:0.....g	0.568		0	RA	4		0.159		
12:0.....g	0.527		0	RA	4		0.148		
13:0.....g									
14:0.....g	3.026		0	RA	4		0.847		
15:0.....g									
16:0.....g	7.925		0	RA	4		2.219		
17:0.....g									
18:0.....g	3.372		0	RA	4		0.944		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.871		0	RA	4		2.204		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.857		0	RA	4		0.240		
17:1.....g									
18:1 undifferentiated.....g	7.015		0	RA	4		1.964		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.864		0	RA	4		0.242		
18:2 undifferentiated.....g	0.532		0	RA	4		0.149		
18:3 undifferentiated.....g	0.332		0	RA	4		0.093		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0	RA	4		26		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.355		0	RA	4		0.099		
Threonine.....g	0.869		0	RA	4		0.243		
Isoleucine.....g	1.356		0	RA	4		0.380		
Leucine.....g	2.170		0	RA	4		0.607		
Lysine.....g	1.655		0	RA	4		0.464		
Methionine.....g	0.600		0	RA	4		0.168		
Cystine.....g	0.117		0	RA	4		0.033		
Phenylalanine.....g	1.200		0	RA	4		0.336		
Tyrosine.....g	1.122		0	RA	4		0.314		
Valine.....g	1.511		0	RA	4		0.423		
Arginine.....g	0.785		0	RA	4		0.220		
Histidine.....g	0.735		0	RA	4		0.206		
Alanine.....g	0.650		0	RA	4		0.182		
Aspartic acid.....g	1.570		0	RA	4		0.440		
Glutamic acid.....g	5.403		0	RA	4		1.513		

NDB No. 01251
Cheese, Mexican blend

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Glycine.....g	0.403		0	RA	4		0.113	
Proline.....g	2.580		0	RA	4		0.722	
Serine.....g	1.198		0	RA	4		0.335	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	
Caffeine.....mg	0		0	RA	4		0	
Theobromine.....mg	0		0	RA	4		0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: .25 cup shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01209
Cheese, Mexican, blend, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	11.580		1	A	1		3.283	3.242	
4:0.....g	0.720		1	A	1		0.204	0.202	
6:0.....g	0.420		1	A	1		0.119	0.118	
8:0.....g	0.240		1	A	1		0.068	0.067	
10:0.....g	0.520		1	A	1		0.147	0.146	
12:0.....g	0.560		1	A	1		0.159	0.157	
13:0.....g									
14:0.....g	1.880		1	A	1		0.533	0.526	
15:0.....g									
16:0.....g	5.020		1	A	1		1.423	1.406	
17:0.....g									
18:0.....g	2.240		1	A	1		0.635	0.627	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.020		1	A	1		1.423	1.406	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		1	A	1		0.085	0.084	
17:1.....g									
18:1 undifferentiated.....g	4.470		1	A	1		1.267	1.252	
20:1.....g	0.040		1	A	1		0.011	0.011	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		1	A	1		0.213	0.210	
18:2 undifferentiated.....g	0.570		1	A	1		0.162	0.160	
18:3 undifferentiated.....g	0.130		1	A	1		0.037	0.036	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1	A	1		0.009	0.008	
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		2	LC	8		18	17	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

[illegible]

NDB No. 01266
Cheese, Swiss, nonfat or fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0	BFZN	4		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43278
Cheese, american cheddar, imitation

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	53.10		0		1		11.15	9.56	118.94
Energy.....kcal	239		0		1		50	43	535
Energy.....kJ	1000		0		1		210	180	2240
Protein.....g	16.70		0		1		3.51	3.01	37.41
Total lipid (fat).....g	14.00		0		1		2.94	2.52	31.36
Ash.....g	4.60		0	NR	4		0.97	0.83	10.30
Carbohydrate, by difference.....g	11.60		0	NC	4		2.44	2.09	25.98
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	7.74		0	BFNN	4		1.62	1.39	17.33
Starch.....g									
Minerals:									
Calcium, Ca.....mg	562		0		4		118	101	1259
Iron, Fe.....mg	0.33		0		4		0.07	0.06	0.74
Magnesium, Mg.....mg	29		0		4		6	5	65
Phosphorus, P.....mg	712		0		4		150	128	1595
Potassium, K.....mg	242		0		4		51	44	542
Sodium, Na.....mg	1345		0		4		282	242	3013
Zinc, Zn.....mg	2.59		0		4		0.54	0.47	5.80
Copper, Cu.....mg	0.033		0		4		0.007	0.006	0.074
Manganese, Mn.....mg									
Selenium, Se.....µg	15.2		0	BFNN	4		3.2	2.7	34.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.050		0		4		0.011	0.009	0.112
Riboflavin.....mg	0.430		0		4		0.090	0.077	0.963
Niacin.....mg	0.130		0		4		0.027	0.023	0.291
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0		4		0.025	0.022	0.269
Folate, total.....µg	7		0		4		1	1	16
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7		0	NR	4		1	1	16
Folate, DFE.....µg	7		0	NC	4		1	1	16
Choline, total.....mg	0.0		0	BFFN	4		0.0	0.0	0.1
Betaine.....mg									
Vitamin B-12.....µg	0.40		0		4		0.08	0.07	0.90
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	114		0	NC	4		24	21	255
Retinol.....µg	111		0	BFFN	4		23	20	248
Carotene, beta.....µg	37		0	BFFN	4		8	7	82
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	430		0	NC	4		90	77	964
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFZN	4		0.06	0.05	0.61
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		0.6	0.5	5.9
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43278
Cheese, american cheddar, imitation

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	
			Points	Code			
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	8.790		0		4		1.846 1.582 19.690
4:0.....g	0.455		0		4		0.096 0.082 1.019
6:0.....g	0.270		0		4		0.057 0.049 0.605
8:0.....g	0.204		0		4		0.043 0.037 0.457
10:0.....g	0.336		0		4		0.071 0.060 0.753
12:0.....g	0.415		0		4		0.087 0.075 0.930
13:0.....g							
14:0.....g	1.438		0		4		0.302 0.259 3.221
15:0.....g							
16:0.....g	3.897		0		4		0.818 0.701 8.729
17:0.....g							
18:0.....g	1.603		0		4		0.337 0.289 3.591
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.102		0		4		0.861 0.738 9.188
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.369		0		4		0.077 0.066 0.827
17:1.....g							
18:1 undifferentiated.....g	3.442		0		4		0.723 0.620 7.710
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.409		0		4		0.086 0.074 0.916
18:2 undifferentiated.....g	0.264		0		4		0.055 0.048 0.591
18:3 undifferentiated.....g	0.145		0		4		0.030 0.026 0.325
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000 0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4		0.000 0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	36		0		4		8 6 81
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 slice
 Measure 2 = 18g: 1 cubic inch
 Measure 3 = 224g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, blue

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence			
						Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.41	0.649	29		1		12.02	7.21	57.25
Energy.....kcal	353		0	NC	4		100	60	477
Energy.....kJ	1477		0	NC	4		419	251	1994
Protein (N x 6.38).....g	21.40	0.339	19		1		6.07	3.64	28.89
Total lipid (fat).....g	28.74	0.399	20		1		8.15	4.89	38.80
Ash.....g	5.11	0.138	15		1		1.45	0.87	6.90
Carbohydrate, by difference.....g	2.34		0	NC	4		0.66	0.40	3.16
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.50		0	BFFN	4		0.14	0.09	0.68
Starch.....g									
Minerals:									
Calcium, Ca.....mg	528	21.680	17		1		150	90	712
Iron, Fe.....mg	0.31	0.010	4		1		0.09	0.05	0.42
Magnesium, Mg.....mg	23	0.724	11		1		7	4	31
Phosphorus, P.....mg	387	8.294	12		1		110	66	523
Potassium, K.....mg	256	41.094	12		1		73	44	346
Sodium, Na.....mg	1146		0	NR	4		325	195	1547
Zinc, Zn.....mg	2.66	0.065	4		1		0.75	0.45	3.59
Copper, Cu.....mg	0.040		0		1		0.011	0.007	0.054
Manganese, Mn.....mg	0.009		0		1		0.003	0.002	0.012
Selenium, Se.....µg	14.5		0	CAZN	4		4.1	2.5	19.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.029	0.006	11		1		0.008	0.005	0.039
Riboflavin.....mg	0.382	0.022	16		1		0.108	0.065	0.516
Niacin.....mg	1.016	0.097	44		1		0.288	0.173	1.372
Pantothenic acid.....mg	1.729	0.178	16		1		0.490	0.294	2.334
Vitamin B-6.....mg	0.166	0.012	32		1		0.047	0.028	0.224
Folate, total.....µg	36	0.892	34		1		10	6	49
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	36	0.892	34		1		10	6	49
Folate, DFE.....µg	36		0	NC	4		10	6	49
Choline, total.....mg	15.4		0	T	4		4.4	2.6	20.8
Betaine.....mg									
Vitamin B-12.....µg	1.22	0.113	22		1		0.35	0.21	1.64
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	198		0	NC	4		56	34	267
Retinol.....µg	192		0	NC	4		54	33	259
Carotene, beta.....µg	74		0	BFFN	4		21	13	100
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	721	54.691	13		1		204	123	973
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.25		0	BFFN	4		0.07	0.04	0.33
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.1	0.1	0.7
Vitamin D.....IU	21		0	BFFN	4		6	4	28
Vitamin K (phylloquinone).....µg	2.4		0	BFFN	4		0.7	0.4	3.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01004
Cheese, blue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated.....g	18.669		0		1		5.293	3.174	25.203
4:0.....g	0.658		2		1		0.187	0.112	0.888
6:0.....g	0.361		2		1		0.102	0.061	0.487
8:0.....g	0.247	0.020	10		1		0.070	0.042	0.333
10:0.....g	0.601	0.035	10		1		0.170	0.102	0.811
12:0.....g	0.491	0.074	10		1		0.139	0.083	0.663
13:0.....g									
14:0.....g	3.301	0.102	10		1		0.936	0.561	4.456
15:0.....g									
16:0.....g	9.153	0.296	10		1		2.595	1.556	12.357
17:0.....g									
18:0.....g	3.235	0.152	10		1		0.917	0.550	4.367
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.778		0		1		2.205	1.322	10.500
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.816	0.103	10		1		0.231	0.139	1.102
17:1.....g									
18:1 undifferentiated.....g	6.622	0.175	10		1		1.877	1.126	8.940
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0		1		0.227	0.136	1.080
18:2 undifferentiated.....g	0.536	0.056	10		1		0.152	0.091	0.724
18:3 undifferentiated.....g	0.264	0.030	9		1		0.075	0.045	0.356
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	75	5.349	4		1		21	13	102
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.312		0		1		0.088	0.053	0.421
Threonine.....g	0.785		0		1		0.223	0.133	1.060
Isoleucine.....g	1.124		0		1		0.319	0.191	1.517
Leucine.....g	1.919		0		1		0.544	0.326	2.591
Lysine.....g	1.852		0		1		0.525	0.315	2.500
Methionine.....g	0.584		0		1		0.166	0.099	0.788
Cystine.....g	0.107		0		1		0.030	0.018	0.144
Phenylalanine.....g	1.087		0		1		0.308	0.185	1.467
Tyrosine.....g	1.295		0		1		0.367	0.220	1.748
Valine.....g	1.556		0		1		0.441	0.265	2.101
Arginine.....g	0.711		0		1		0.202	0.121	0.960
Histidine.....g	0.758		0		1		0.215	0.129	1.023
Alanine.....g	0.644		0		1		0.183	0.109	0.869
Aspartic acid.....g	1.436		0		1		0.407	0.244	1.939
Glutamic acid.....g	5.179		0		1		1.468	0.880	6.992
Glycine.....g	0.406		0		1		0.115	0.069	0.548
Proline.....g	2.100		0		1		0.595	0.357	2.835
Serine.....g	1.120		0		1		0.318	0.190	1.512
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01004
Cheese, blue

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 17g: 1 cubic inch
- Measure 3 = 135g: 1 cup, crumbled, not packed

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
			Number	Deriv	Source	Confidence			
	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.11	0.258	26		1		54.27	46.45	11.65
Energy.....kcal	371		0	NC	4		490	419	105
Energy.....kJ	1552		0	NC	4		2049	1754	440
Protein (N x 6.38).....g	23.24	0.607	14		1		30.68	26.26	6.59
Total lipid (fat).....g	29.68	0.319	16		1		39.18	33.54	8.41
Ash.....g	3.18	0.178	14		1		4.20	3.59	0.90
Carbohydrate, by difference.....g	2.79		0	NC	4		3.68	3.15	0.79
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.51		0	BFFN	4		0.67	0.57	0.14
Starch.....g									
Minerals:									
Calcium, Ca.....mg	674	31.843	13		1		889	761	191
Iron, Fe.....mg	0.43	0.074	3		1		0.57	0.49	0.12
Magnesium, Mg.....mg	24	1.144	9		1		32	27	7
Phosphorus, P.....mg	451	18.350	9		1		595	510	128
Potassium, K.....mg	136	22.337	9		1		179	153	38
Sodium, Na.....mg	560	37.232	9		1		739	632	159
Zinc, Zn.....mg	2.60		2		1		3.43	2.94	0.74
Copper, Cu.....mg	0.024		0		1		0.032	0.027	0.007
Manganese, Mn.....mg	0.012		0		1		0.016	0.014	0.003
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.014	0.001	6		1		0.018	0.016	0.004
Riboflavin.....mg	0.351	0.010	11		1		0.463	0.397	0.100
Niacin.....mg	0.118	0.013	22		1		0.156	0.133	0.033
Pantothenic acid.....mg	0.288	0.040	17		1		0.380	0.325	0.082
Vitamin B-6.....mg	0.065	0.004	34		1		0.086	0.073	0.018
Folate, total.....µg	20	3.104	30		1		27	23	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	20	3.104	30		1		27	23	6
Folate, DFE.....µg	20		0	NC	4		27	23	6
Choline, total.....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine.....mg									
Vitamin B-12.....µg	1.26	0.147	7		1		1.66	1.42	0.36
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	292		0	NC	4		386	330	83
Retinol.....µg	286		0	T	4		378	323	81
Carotene, beta.....µg	76		0	BFFN	4		100	86	22
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1080		0	NC	4		1426	1221	306
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.7	0.6	0.2
Vitamin D.....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone).....µg	2.5		0	BFFN	4		3.3	2.8	0.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01005
Cheese, brick

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points							
Lipids:										
Fatty acids, total saturated.....g	18.764		0			1		24.768	21.203	5.320
4:0.....g	0.914		2			1		1.206	1.033	0.259
6:0.....g	0.373		2			1		0.492	0.421	0.106
8:0.....g	0.299	0.011	7			1		0.395	0.338	0.085
10:0.....g	0.585	0.022	7			1		0.772	0.661	0.166
12:0.....g	0.482	0.071	7			1		0.636	0.545	0.137
13:0.....g										
14:0.....g	3.227	0.147	7			1		4.260	3.647	0.915
15:0.....g										
16:0.....g	8.655	0.366	7			1		11.425	9.780	2.454
17:0.....g										
18:0.....g	3.455	0.138	7			1		4.561	3.904	0.979
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	8.598		0			1		11.349	9.716	2.438
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.817	0.070	7			1		1.078	0.923	0.232
17:1.....g										
18:1 undifferentiated.....g	7.401	0.245	7			1		9.769	8.363	2.098
20:1.....g	0.000		0			1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0			1		0.000	0.000	0.000
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.784		0			1		1.035	0.886	0.222
18:2 undifferentiated.....g	0.491	0.051	7			1		0.648	0.555	0.139
18:3 undifferentiated.....g	0.293	0.040	7			1		0.387	0.331	0.083
18:4.....g	0.000		0			1		0.000	0.000	0.000
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0			1		0.000	0.000	0.000
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0			1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0			1		0.000	0.000	0.000
Fatty acids, total trans.....g										
Cholesterol.....mg	94		0			1		125	107	27
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.324		0			1		0.428	0.366	0.092
Threonine.....g	0.882		0			1		1.164	0.997	0.250
Isoleucine.....g	1.137		0			1		1.501	1.285	0.322
Leucine.....g	2.244		0			1		2.962	2.536	0.636
Lysine.....g	2.124		0			1		2.804	2.400	0.602
Methionine.....g	0.565		0			1		0.746	0.638	0.160
Cystine.....g	0.131		0			1		0.173	0.148	0.037
Phenylalanine.....g	1.231		0			1		1.625	1.391	0.349
Tyrosine.....g	1.115		0			1		1.472	1.260	0.316
Valine.....g	1.472		0			1		1.943	1.663	0.417
Arginine.....g	0.874		0			1		1.154	0.988	0.248
Histidine.....g	0.823		0			1		1.086	0.930	0.233
Alanine.....g	0.670		0			1		0.884	0.757	0.190
Aspartic acid.....g	1.588		0			1		2.096	1.794	0.450
Glutamic acid.....g	5.515		0			1		7.280	6.232	1.564
Glycine.....g	0.437		0			1		0.577	0.494	0.124
Proline.....g	2.575		0			1		3.399	2.910	0.730
Serine.....g	1.289		0			1		1.701	1.457	0.365
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0			7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7		0	0	0

NDB No. 01005
Cheese, brick

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01006

Cheese, brie

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
						measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code Confidence Code			
Proximates:								
Water.....g	48.42	1.290	9		1	13.73	69.72	116.21
Energy.....kcal	334		0	NC	4	95	480	801
Energy.....kJ	1396		0	NC	4	396	2010	3350
Protein (N x 6.38).....g	20.75	0.210	7		1	5.88	29.88	49.80
Total lipid (fat).....g	27.68	1.841	4		1	7.85	39.86	66.43
Ash.....g	2.70		1		1	0.77	3.89	6.48
Carbohydrate, by difference.....g	0.45		0	NC	4	0.13	0.65	1.08
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0
Sugars, total.....g	0.45		0	NR	4	0.13	0.65	1.08
Starch.....g								
Minerals:								
Calcium, Ca.....mg	184	9.135	3		1	52	265	442
Iron, Fe.....mg	0.50		1		1	0.14	0.72	1.20
Magnesium, Mg.....mg	20		0		4	6	29	48
Phosphorus, P.....mg	188	7.446	3		1	53	271	451
Potassium, K.....mg	152		1		1	43	219	365
Sodium, Na.....mg	629		0		1	178	906	1511
Zinc, Zn.....mg	2.38		0		4	0.67	3.43	5.71
Copper, Cu.....mg	0.019		0		1	0.005	0.027	0.046
Manganese, Mn.....mg	0.034		0		1	0.010	0.049	0.082
Selenium, Se.....µg	14.5		0	CAZN	4	4.1	20.9	34.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0
Thiamin.....mg	0.070		1		1	0.020	0.101	0.168
Riboflavin.....mg	0.520	0.191	3		1	0.147	0.749	1.248
Niacin.....mg	0.380		2		1	0.108	0.547	0.912
Pantothenic acid.....mg	0.690		2		1	0.196	0.994	1.656
Vitamin B-6.....mg	0.235		6		1	0.067	0.338	0.564
Folate, total.....µg	65		1		1	18	94	156
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	65		1		1	18	94	156
Folate, DFE.....µg	65		0	NC	4	18	94	156
Choline, total.....mg	15.4		0	T	4	4.4	22.2	37.0
Betaine.....mg								
Vitamin B-12.....µg	1.65	0.156	12		1	0.47	2.38	3.96
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	174		0	NC	4	49	250	417
Retinol.....µg	173		0	T	4	49	249	415
Carotene, beta.....µg	9		0	NR	4	3	13	22
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	592		0	NC	4	168	852	1420
Lycopene.....µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.24		0	BFFN	4	0.07	0.34	0.57
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.5		0	AS	1	0.1	0.7	1.2
Vitamin D.....IU	20		0	BFFN	4	6	29	49
Vitamin K (phylloquinone).....µg	2.3		0	BFFN	4	0.7	3.3	5.5
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01006
Cheese, brie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	17.410		0		4		4.936	25.070	41.784
4:0.....g	0.564		0		4		0.160	0.812	1.354
6:0.....g	0.323		0		4		0.092	0.465	0.775
8:0.....g	0.297		0		4		0.084	0.428	0.713
10:0.....g	0.673		0		4		0.191	0.969	1.615
12:0.....g	0.504		0		4		0.143	0.726	1.210
13:0.....g									
14:0.....g	3.065		0		4		0.869	4.414	7.356
15:0.....g									
16:0.....g	8.246		0		4		2.338	11.874	19.790
17:0.....g									
18:0.....g	2.880		0		4		0.816	4.147	6.912
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.013		0		4		2.272	11.539	19.231
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.007		0		4		0.285	1.450	2.417
17:1.....g									
18:1 undifferentiated.....g	6.563		0		4		1.861	9.451	15.751
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.826		0		4		0.234	1.189	1.982
18:2 undifferentiated.....g	0.513		0		4		0.145	0.739	1.231
18:3 undifferentiated.....g	0.313		0		4		0.089	0.451	0.751
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	100		1		1		28	144	240
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.091	0.464	0.773
Threonine.....g	0.751		0		1		0.213	1.081	1.802
Isoleucine.....g	1.015		0		1		0.288	1.462	2.436
Leucine.....g	1.929		0		1		0.547	2.778	4.630
Lysine.....g	1.851		0		1		0.525	2.665	4.442
Methionine.....g	0.592		0		1		0.168	0.852	1.421
Cystine.....g	0.114		0		1		0.032	0.164	0.274
Phenylalanine.....g	1.158		0		1		0.328	1.668	2.779
Tyrosine.....g	1.200		0		1		0.340	1.728	2.880
Valine.....g	1.340		0		1		0.380	1.930	3.216
Arginine.....g	0.735		0		1		0.208	1.058	1.764
Histidine.....g	0.716		0		1		0.203	1.031	1.718
Alanine.....g	0.859		0		1		0.244	1.237	2.062
Aspartic acid.....g	1.350		0		1		0.383	1.944	3.240
Glutamic acid.....g	4.387		0		1		1.244	6.317	10.529
Glycine.....g	0.397		0		1		0.113	0.572	0.953
Proline.....g	2.459		0		1		0.697	3.541	5.902
Serine.....g	1.168		0		1		0.331	1.682	2.803
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 144g: 1 cup, sliced
Measure 3 = 240g: 1 cup, melted

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Proximates:									
Water.....g	51.80	0.493	14		1		14.69	127.43	8.81
Energy.....kcal	300		0	NC	4		85	737	51
Energy.....kJ	1253		0	NC	4		355	3083	213
Protein (N x 6.38).....g	19.80	0.367	12		1		5.61	48.71	3.37
Total lipid (fat).....g	24.26	0.608	13		1		6.88	59.68	4.12
Ash.....g	3.68	0.135	8		1		1.04	9.05	0.63
Carbohydrate, by difference.....g	0.46		0	NC	4		0.13	1.13	0.08
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.46		0	NR	4		0.13	1.13	0.08
Starch.....g									
Minerals:									
Calcium, Ca.....mg	388	52.899	11		1		110	953	66
Iron, Fe.....mg	0.33	0.065	5		1		0.09	0.81	0.06
Magnesium, Mg.....mg	20	1.484	10		1		6	49	3
Phosphorus, P.....mg	347	20.812	10		1		98	853	59
Potassium, K.....mg	187	21.500	9		1		53	459	32
Sodium, Na.....mg	842	62.440	10		1		239	2071	143
Zinc, Zn.....mg	2.38	0.294	4		1		0.67	5.85	0.40
Copper, Cu.....mg	0.021		0		1		0.006	0.052	0.004
Manganese, Mn.....mg	0.038		0		1		0.011	0.093	0.006
Selenium, Se.....µg	14.5		0	CAZN	4		4.1	35.7	2.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.028	0.005	11		1		0.008	0.069	0.005
Riboflavin.....mg	0.488	0.036	13		1		0.138	1.200	0.083
Niacin.....mg	0.630	0.084	16		1		0.179	1.550	0.107
Pantothenic acid.....mg	1.364	0.493	16		1		0.387	3.355	0.232
Vitamin B-6.....mg	0.227	0.027	36		1		0.064	0.558	0.039
Folate, total.....µg	62	8.839	18		1		18	153	11
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	62	8.839	18		1		18	153	11
Folate, DFE.....µg	62		0	NC	4		18	153	11
Choline, total.....mg	15.4		0	T	4		4.4	37.9	2.6
Betaine.....mg									
Vitamin B-12.....µg	1.30	0.086	17		1		0.37	3.19	0.22
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	241		0	NC	4		68	593	41
Retinol.....µg	240		0	T	4		68	590	41
Carotene, beta.....µg	12		0	NR	4		3	30	2
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	820		0	NC	4		232	2017	139
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFFN	4		0.06	0.51	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.1	1.1	0.1
Vitamin D.....IU	18		0	BFFN	4		5	44	3
Vitamin K (phylloquinone).....µg	2.0		0	BFFN	4		0.6	5.0	0.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01007
Cheese, camembert

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	15.259		0		1		4.326	37.537	2.594
4:0.....g	0.494		2		1		0.140	1.215	0.084
6:0.....g	0.283		2		1		0.080	0.696	0.048
8:0.....g	0.260	0.018	7		1		0.074	0.640	0.044
10:0.....g	0.590	0.020	7		1		0.167	1.451	0.100
12:0.....g	0.442	0.063	7		1		0.125	1.087	0.075
13:0.....g									
14:0.....g	2.686	0.086	7		1		0.761	6.608	0.457
15:0.....g									
16:0.....g	7.227	0.341	7		1		2.049	17.778	1.229
17:0.....g									
18:0.....g	2.524	0.166	7		1		0.716	6.209	0.429
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.023		0		1		1.991	17.277	1.194
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.883	0.056	7		1		0.250	2.172	0.150
17:1.....g									
18:1 undifferentiated.....g	5.752	0.302	7		1		1.631	14.150	0.978
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.724		0		1		0.205	1.781	0.123
18:2 undifferentiated.....g	0.450	0.041	7		1		0.128	1.107	0.077
18:3 undifferentiated.....g	0.274	0.022	7		1		0.078	0.674	0.047
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	72	4.445	4		1		20	177	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.307		0		1		0.087	0.755	0.052
Threonine.....g	0.717		0		1		0.203	1.764	0.122
Isoleucine.....g	0.968		0		1		0.274	2.381	0.165
Leucine.....g	1.840		0		1		0.522	4.526	0.313
Lysine.....g	1.766		0		1		0.501	4.344	0.300
Methionine.....g	0.565		0		1		0.160	1.390	0.096
Cystine.....g	0.109		0		1		0.031	0.268	0.019
Phenylalanine.....g	1.105		0		1		0.313	2.718	0.188
Tyrosine.....g	1.145		0		1		0.325	2.817	0.195
Valine.....g	1.279		0		1		0.363	3.146	0.217
Arginine.....g	0.701		0		1		0.199	1.724	0.119
Histidine.....g	0.683		0		1		0.194	1.680	0.116
Alanine.....g	0.819		0		1		0.232	2.015	0.139
Aspartic acid.....g	1.288		0		1		0.365	3.168	0.219
Glutamic acid.....g	4.187		0		1		1.187	10.300	0.712
Glycine.....g	0.379		0		1		0.107	0.932	0.064
Proline.....g	2.346		0		1		0.665	5.771	0.399
Serine.....g	1.114		0		1		0.316	2.740	0.189
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01007
Cheese, camembert

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 246g: 1 cup
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01008
Cheese, caraway

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proximates:									
Water.....g	39.28	0.550	4		1		11.14		
Energy.....kcal	376		0	NC	4		107		
Energy.....kJ	1573				4		446		
Protein (N x 6.38).....g	25.18	0.189	4		1		7.14		
Total lipid (fat).....g	29.20	1.389	4		1		8.28		
Ash.....g	3.28	0.155	4		1		0.93		
Carbohydrate, by difference.....g	3.06		0	NC	4		0.87		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	673	9.821	3		1		191		
Iron, Fe.....mg	0.64		0		4		0.18		
Magnesium, Mg.....mg	22		1		1		6		
Phosphorus, P.....mg	490		1		1		139		
Potassium, K.....mg	93		0		4		26		
Sodium, Na.....mg	690		0		1		196		
Zinc, Zn.....mg	2.94		0		4		0.83		
Copper, Cu.....mg	0.024		0		1		0.007		
Manganese, Mn.....mg	0.021		0		1		0.006		
Selenium, Se.....µg	14.5		0	CAZN	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.031		1		1		0.009		
Riboflavin.....mg	0.450	0.064	3		1		0.128		
Niacin.....mg	0.180		1		1		0.051		
Pantothenic acid.....mg	0.190		1		1		0.054		
Vitamin B-6.....mg	0.074		0		4		0.021		
Folate, total.....µg	18		0		4		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	18		0		4		5		
Folate, DFE.....µg	18		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.27		1		1		0.08		
Vitamin A, RAE.....µg	271		0	NC	4		77		
Retinol.....µg	262		0	NC	4		74		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1054	38.549	4		1		299		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01008
Cheese, caraway

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	18.584		0		4		5.269		
4:0.....g	0.922		0		4		0.261		
6:0.....g	0.466		0		4		0.132		
8:0.....g	0.246		0		4		0.070		
10:0.....g	0.529		0		4		0.150		
12:0.....g	0.477		0		4		0.135		
13:0.....g									
14:0.....g	2.934		0		4		0.832		
15:0.....g									
16:0.....g	8.638		0		4		2.449		
17:0.....g									
18:0.....g	3.531		0		4		1.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.275		0		4		2.346		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.885		0		4		0.251		
17:1.....g									
18:1 undifferentiated.....g	6.965		0		4		1.975		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0		4		0.235		
18:2 undifferentiated.....g	0.508		0		4		0.144		
18:3 undifferentiated.....g	0.322		0		4		0.091		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		4		26		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.324		0		4		0.092		
Threonine.....g	0.896		0		4		0.254		
Isoleucine.....g	1.563		0		4		0.443		
Leucine.....g	2.412		0		4		0.684		
Lysine.....g	2.095		0		4		0.594		
Methionine.....g	0.659		0		4		0.187		
Cystine.....g	0.126		0		4		0.036		
Phenylalanine.....g	1.326		0		4		0.376		
Tyrosine.....g	1.216		0		4		0.345		
Valine.....g	1.682		0		4		0.477		
Arginine.....g	0.952		0		4		0.270		
Histidine.....g	0.884		0		4		0.251		
Alanine.....g	0.711		0		4		0.202		
Aspartic acid.....g	1.618		0		4		0.459		
Glutamic acid.....g	6.160		0		4		1.746		
Glycine.....g	0.439		0		4		0.124		
Proline.....g	2.838		0		4		0.805		
Serine.....g	1.472		0		4		0.417		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01008
Cheese, caraway

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01009
Cheese, cheddar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.02	0.190	39	A	1		48.87	90.34	41.84
Energy.....kcal	404		0	NC	4		533	985	456
Energy.....kJ	1689		0	NC	4		2229	4121	1909
Protein.....g	22.87	0.132	39	A	1		30.19	55.80	25.84
Total lipid (fat).....g	33.31	0.156	39	A	1		43.96	81.27	37.64
Ash.....g	3.71	0.028	39	A	1		4.90	9.05	4.19
Carbohydrate, by difference.....g	3.09		0	NC	4		4.09	7.55	3.50
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.48		0	AS	1		0.63	1.16	0.54
Sucrose.....g	0.00		4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.26		5	A	1		0.35	0.64	0.30
Fructose.....g	0.00		4	A	1		0.00	0.00	0.00
Lactose.....g	0.12		5	A	1		0.15	0.29	0.13
Maltose.....g	0.00		4	A	1		0.00	0.00	0.00
Galactose.....g	0.10		4	A	1		0.13	0.24	0.11
Starch.....g									
Minerals:									
Calcium, Ca.....mg	710	9.090	39	A	1		937	1731	802
Iron, Fe.....mg	0.14	0.006	39	A	1		0.18	0.34	0.16
Magnesium, Mg.....mg	27	0.309	39	A	1		36	66	30
Phosphorus, P.....mg	455	3.702	39	A	1		601	1111	514
Potassium, K.....mg	76	1.669	39	A	1		101	186	86
Sodium, Na.....mg	653	13.172	39	A	1		862	1594	738
Zinc, Zn.....mg	3.64	0.040	39	A	1		4.80	8.87	4.11
Copper, Cu.....mg	0.030	0.002	39	A	1		0.039	0.072	0.033
Manganese, Mn.....mg	0.027	0.002	39	A	1		0.036	0.067	0.031
Selenium, Se.....µg	28.5	1.055	29	A	1		37.6	69.4	32.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.029	0.000	28	A	1		0.038	0.071	0.033
Riboflavin.....mg	0.428	0.014	27	A	1		0.565	1.044	0.483
Niacin.....mg	0.059	0.006	28	A	1		0.078	0.144	0.067
Pantothenic acid.....mg	0.410	0.018	25	A	1		0.541	1.000	0.463
Vitamin B-6.....mg	0.066	0.003	28	A	1		0.087	0.161	0.075
Folate, total.....µg	27		4	A	1		36	66	31
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	27		4	A	1		36	66	31
Folate, DFE.....µg	27		0	NC	4		36	66	31
Choline, total.....mg	16.5		0	AS	1		21.8	40.3	18.6
Betaine.....mg	0.7		1	A	1		0.9	1.6	0.8
Vitamin B-12.....µg	1.10	0.054	28	A	1		1.46	2.69	1.25
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	330		0	AS	1		436	806	373
Retinol.....µg	330		7	A	1		436	806	373
Carotene, beta.....µg	85		0	BFZN	4		112	207	96
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	1242		0	NC	4		1640	3031	1404
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.71	0.001	13	A	1		0.93	1.72	0.80
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	13	A	1		0.01	0.01	0.01
Tocopherol, delta.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, alpha.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.6		0	NR	4		0.8	1.5	0.7
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.6		0	BFFN	4		0.8	1.5	0.7
Vitamin D.....IU	24		0	BFFN	4		32	59	27
Vitamin K (phylloquinone).....µg	2.4		2	A	1		3.2	5.8	2.7
Dihydrophyllloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	8.6		2	A	1		11.4	21.1	9.8
Lipids:									
Fatty acids, total saturated.....g	18.867		0	NC	4		24.905	46.036	21.320
4:0.....g	0.634	0.005	40	A	1		0.837	1.548	0.717
6:0.....g	0.536	0.005	40	A	1		0.708	1.308	0.606
8:0.....g	0.337	0.004	40	A	1		0.445	0.823	0.381
10:0.....g	0.820	0.008	40	A	1		1.082	2.001	0.927
12:0.....g	0.935	0.009	40	A	1		1.234	2.281	1.056
13:0.....g									
14:0.....g	3.005	0.028	40	A	1		3.967	7.333	3.396
15:0.....g	0.318	0.002	40	A	1		0.420	0.776	0.359
16:0.....g	8.625	0.053	40	A	1		11.385	21.046	9.747
17:0.....g	0.191	0.002	40	A	1		0.252	0.466	0.216
18:0.....g	3.394	0.044	40	A	1		4.479	8.280	3.835
20:0.....g	0.048	0.001	40	A	1		0.063	0.117	0.054
22:0.....g	0.015	0.000	40	A	1		0.020	0.037	0.017
24:0.....g	0.008	0.000	40	A	1		0.011	0.021	0.010
Fatty acids, total monounsaturated.....g	9.246		0	NC	4		12.205	22.561	10.448
14:1.....g	0.296	0.005	40	A	1		0.390	0.722	0.334
15:1.....g	0.000	0.000	40	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.504	0.006	40	AS	1		0.666	1.230	0.570
16:1 c.....g									
16:1 t.....g	0.101	0.001	40	A	1		0.133	0.246	0.114
17:1.....g	0.059	0.001	40	A	1		0.078	0.145	0.067
18:1 undifferentiated.....g	7.403	0.062	40	AS	1		9.773	18.064	8.366
18:1 c.....g									
18:1 t.....g	0.816	0.014	40	A	1		1.077	1.991	0.922
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.065	0.001	40	A	1		0.086	0.158	0.073
22:1 undifferentiated.....g	0.001	0.000	40	AS	1		0.002	0.003	0.002
22:1 c.....g									
22:1 t.....g	0.000	0.000	40	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	40	A	1		0.001	0.001	0.001
Fatty acids, total polyunsaturated.....g	1.421		0	NC	4		1.876	3.468	1.606
18:2 undifferentiated.....g	1.171	0.021	40	AS	1		1.545	2.856	1.323
18:3 undifferentiated.....g	0.114	0.004	40	AS	1		0.150	0.277	0.128
18:4.....g	0.000	0.000	40	A	1		0.000	0.001	0.000
20:2 n-6 c,c.....g	0.007	0.000	40	A	1		0.009	0.017	0.008
20:3 undifferentiated.....g	0.037	0.001	40	AS	1		0.049	0.090	0.042
20:4 undifferentiated.....g	0.053	0.001	40	A	1		0.070	0.130	0.060
20:5 n-3 (EPA).....g	0.010	0.001	40	A	1		0.013	0.024	0.011
21:5.....g									
22:4.....g	0.009	0.000	40	A	1		0.012	0.021	0.010
22:5 n-3 (DPA).....g	0.017	0.001	40	A	1		0.023	0.042	0.020
22:6 n-3 (DHA).....g	0.001	0.000	40	A	1		0.002	0.003	0.002
Fatty acids, total trans.....g	0.917		0	NC	4		1.210	2.237	1.036
Fatty acids, total trans-monoenoic.....g	0.917		0	NC	4		1.210	2.237	1.036
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	99	0.507	29	A	1		131	241	112
Phytosterols.....mg									

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.547		0	A	1		0.721	1.334	0.618
Threonine.....g	1.044		0	A	1		1.378	2.548	1.180
Isoleucine.....g	1.206		0	A	1		1.592	2.942	1.362
Leucine.....g	1.939		0	A	1		2.560	4.732	2.191
Lysine.....g	1.025		0	A	1		1.353	2.500	1.158
Methionine.....g	0.547		0	A	1		0.721	1.334	0.618
Cystine.....g	0.123		0	A	1		0.162	0.299	0.138
Phenylalanine.....g	1.074		0	A	1		1.417	2.620	1.213
Tyrosine.....g	1.108		0	A	1		1.462	2.703	1.252
Valine.....g	1.404		0	A	1		1.853	3.425	1.586
Arginine.....g	0.547		0	A	1		0.721	1.334	0.618
Histidine.....g	0.547		0	A	1		0.721	1.334	0.618
Alanine.....g	0.751		0	A	1		0.991	1.832	0.848
Aspartic acid.....g	1.734		0	A	1		2.289	4.231	1.959
Glutamic acid.....g	4.735		0	A	1		6.250	11.553	5.350
Glycine.....g	0.547		0	A	1		0.721	1.334	0.618
Proline.....g	2.497		0	A	1		3.296	6.093	2.822
Serine.....g	0.780		0	A	1		1.030	1.904	0.882
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01265
Cheese, cheddar, nonfat or fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	
								Measure 1 Measure 2 Measure 3
Proximates:								
Water.....g	57.00		0		NR	4		15.96
Energy.....kcal	157		0		NC	4		44
Energy.....kJ	657		0		NC	4		184
Protein (N x 6.25).....g	32.14		0			8		9.00
Total lipid (fat).....g	0.00		0			8		0.00
Ash.....g	3.64		0		BFZN	4		1.02
Carbohydrate, by difference.....g	7.14		0			8		2.00
Fiber, total dietary.....g	0.0		0			8		0.0
Sugars, total.....g	0.00		0			8		0.00
Starch.....g								
Minerals:								
Calcium, Ca.....mg	893		0			8		250
Iron, Fe.....mg	0.00		0			8		0.00
Magnesium, Mg.....mg	16		0		BFZN	4		4
Phosphorus, P.....mg	484		0		BFZN	4		136
Potassium, K.....mg	66		0		BFZN	4		18
Sodium, Na.....mg	1000		0			8		280
Zinc, Zn.....mg	1.82		0		BFZN	4		0.51
Copper, Cu.....mg	0.021		0		BFZN	4		0.006
Manganese, Mn.....mg								
Selenium, Se.....µg	14.5		0		BFZN	4		4.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0			8		0.0
Thiamin.....mg	0.012		0		BFZN	4		0.003
Riboflavin.....mg	0.221		0		BFZN	4		0.062
Niacin.....mg	0.051		0		BFZN	4		0.014
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.045		0		BFZN	4		0.013
Folate, total.....µg	11		0		BFZN	4		3
Folic acid.....µg	0		0		BFZN	4		0
Folate, food.....µg	11		0		BFZN	4		3
Folate, DFE.....µg	11		0		NC	4		3
Choline, total.....mg	15.4		0		BFZN	4		4.3
Betaine.....mg								
Vitamin B-12.....µg	0.49		0		BFZN	4		0.14
Vitamin B-12, added.....µg	0.00		0		BFZN	4		0.00
Vitamin A, RAE.....µg	60		0		NC	4		17
Retinol.....µg	60		0		BFZN	4		17
Carotene, beta.....µg	4		0		BFZN	4		1
Carotene, alpha.....µg	0		0		BFZN	4		0
Cryptoxanthin, beta.....µg	0		0		BFZN	4		0
Vitamin A, IU.....IU	207		0		NC	4		58
Lycopene.....µg	0		0		BFZN	4		0
Lutein + zeaxanthin.....µg	0		0		BFZN	4		0
Vitamin E (alpha-tocopherol).....mg	0.06		0		BFZN	4		0.02
Vitamin E, added.....mg	0.00		0		BFZN	4		0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.1		0		BFZN	4		0.0
Vitamin D.....IU	5		0		NR	4		1
Vitamin K (phylloquinone).....µg	0.6		0		BFZN	4		0.2
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01265
Cheese, cheddar, nonfat or fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0		8		0.000		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFFN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFFN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFFN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFFN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0		8		0.000		
Cholesterol.....mg	18		0		8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01260
Cheese, cheddar, reduced fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	44.29	0.195	5	A	1		9.30		
Energy.....kcal	309		0	NC	4		65		
Energy.....kJ	1294		0	NC	4		272		
Protein.....g	27.35	0.166	5	A	1		5.74		
Total lipid (fat).....g	20.41	0.207	5	A	1		4.29		
Ash.....g	3.89	0.053	5	A	1		0.82		
Carbohydrate, by difference.....g	4.06		0	NC	4		0.85		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.26		1	A	1		0.05		
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.18		1	A	1		0.04		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.07		1	A	1		0.02		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	761	12.472	5	A	1		160		
Iron, Fe.....mg	0.12	0.011	5	A	1		0.02		
Magnesium, Mg.....mg	27	0.773	5	A	1		6		
Phosphorus, P.....mg	520	5.170	5	A	1		109		
Potassium, K.....mg	63	3.709	5	A	1		13		
Sodium, Na.....mg	628	4.284	5	A	1		132		
Zinc, Zn.....mg	4.44	0.091	5	A	1		0.93		
Copper, Cu.....mg	0.043	0.002	5	A	1		0.009		
Manganese, Mn.....mg	0.031	0.001	5	A	1		0.007		
Selenium, Se.....µg	35.8	1.133	4	A	1		7.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.021	0.000	4	A	1		0.004		
Riboflavin.....mg	0.397	0.002	4	A	1		0.083		
Niacin.....mg	0.145	0.000	4	A	1		0.030		
Pantothenic acid.....mg	0.389		2	A	1		0.082		
Vitamin B-6.....mg	0.084	0.002	4	A	1		0.018		
Folate, total.....µg	20		0	BFZN	4		4		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	20		0	BFZN	4		4		
Folate, DFE.....µg	20		0	NC	4		4		
Choline, total.....mg	15.4		0	BFZN	4		3.2		
Betaine.....mg									
Vitamin B-12.....µg	1.41	0.000	4	A	1		0.30		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	145		0	NC	4		30		
Retinol.....µg	142		0	BFZN	4		30		
Carotene, beta.....µg	28		2	A	1		6		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	1		2	A	1		0		
Vitamin A, IU.....IU	522		0	NC	4		110		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	4		2	A	1		1		
Vitamin E (alpha-tocopherol).....mg	0.48	0.030	4	A	1		0.10		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma.....mg	0.08	0.001	4	A	1		0.02		
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

NDB No. 01260
Cheese, cheddar, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Source Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.3		0	BFZN	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	13		0	NR	4		3		
Vitamin K (phylloquinone).....µg	1.5		0	BFZN	4		0.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	12.602		0	NC	4		2.646		
4:0.....g	0.439	0.005	4	A	1		0.092		
6:0.....g	0.361	0.003	4	A	1		0.076		
8:0.....g	0.228	0.002	4	A	1		0.048		
10:0.....g	0.563	0.002	4	A	1		0.118		
12:0.....g	0.641	0.004	4	A	1		0.135		
13:0.....g									
14:0.....g	2.050	0.019	4	A	1		0.431		
15:0.....g	0.227	0.002	4	A	1		0.048		
16:0.....g	5.759	0.055	4	A	1		1.209		
17:0.....g	0.128	0.001	4	A	1		0.027		
18:0.....g	2.159	0.001	4	A	1		0.453		
20:0.....g	0.031	0.000	4	A	1		0.007		
22:0.....g	0.009	0.000	4	A	1		0.002		
24:0.....g	0.007	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated.....g	5.304		0	NC	4		1.114		
14:1.....g	0.201	0.003	4	A	1		0.042		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.327	0.005	4	AS	1		0.069		
16:1 c.....g	0.260	0.004	4	A	1		0.055		
16:1 t.....g	0.068	0.001	4	A	1		0.014		
17:1.....g	0.038	0.000	4	A	1		0.008		
18:1 undifferentiated.....g	4.689	0.028	4	AS	1		0.985		
18:1 c.....g	4.175	0.025	4	A	1		0.877		
18:1 t.....g	0.514	0.004	4	A	1		0.108		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.040	0.001	4	A	1		0.008		
22:1 undifferentiated.....g	0.002	0.001	4	AS	1		0.000		
22:1 c.....g	0.002	0.001	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.007	0.000	4	A	1		0.001		
Fatty acids, total polyunsaturated.....g	0.893		0	NC	4		0.188		
18:2 undifferentiated.....g	0.743	0.006	4	AS	1		0.156		
18:2 n-6 c,c.....g	0.495	0.004	4	A	1		0.104		
18:2 CLAs.....g	0.099	0.001	4	A	1		0.021		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.149	0.000	4	A	1		0.031		
18:3 undifferentiated.....g	0.064	0.002	4	AS	1		0.014		
18:3 n-3 c,c,c (ALA).....g	0.061	0.001	4	A	1		0.013		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g	0.003	0.000	4	A	1		0.001		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.001	4	A	1		0.001		
20:3 undifferentiated.....g	0.025	0.000	4	AS	1		0.005		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.025	0.000	4	A	1		0.005		
20:4 undifferentiated.....g	0.035	0.000	4	A	1		0.007		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.000	4	A	1		0.001		
21:5.....g									
22:4.....g	0.006	0.000	4	A	1		0.001		
22:5 n-3 (DPA).....g	0.010	0.000	4	A	1		0.002		

NDB No. 01260
Cheese, cheddar, reduced fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000			
Fatty acids, total trans.....g	0.733		0	NC	4	0.154			
Fatty acids, total trans-monoenoic.....g	0.581		0	NC	4	0.122			
Fatty acids, total trans-polyenoic.....g	0.152		0	NC	4	0.032			
Cholesterol.....mg	76	0.041	4	A	1	16			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0			
Caffeine.....mg	0		0	BFZN	4	0			
Theobromine.....mg	0		0	BFZN	4	0			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01270
Cheese, cheddar, sharp, sliced

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common			
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	measures of food		
			Points					Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	36.15	0.504	18	A	1		6.87	7.59	10.12	
Energy.....kcal	410		0	NC	4		78	86	115	
Energy.....kJ	1715		0	NC	4		326	360	480	
Protein.....g	24.25	0.387	18	A	1		4.61	5.09	6.79	
Total lipid (fat).....g	33.82	0.102	18	A	1		6.43	7.10	9.47	
Ash.....g	3.66	0.052	18	A	1		0.69	0.77	1.02	
Carbohydrate, by difference.....g	2.13		0	NC	4		0.40	0.45	0.60	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0	
Sugars, total.....g	0.27		3	A	1		0.05	0.06	0.08	
Sucrose.....g	0.00		3	A	1		0.00	0.00	0.00	
Glucose (dextrose).....g	0.00		3	A	1		0.00	0.00	0.00	
Fructose.....g	0.00		3	A	1		0.00	0.00	0.00	
Lactose.....g	0.18		3	A	1		0.04	0.04	0.05	
Maltose.....g	0.00		3	A	1		0.00	0.00	0.00	
Galactose.....g	0.08		3	A	1		0.02	0.02	0.02	
Starch.....g										
Minerals:										
Calcium, Ca.....mg	711	4.596	18	A	1		135	149	199	
Iron, Fe.....mg	0.16	0.008	18	A	1		0.03	0.03	0.05	
Magnesium, Mg.....mg	27	0.376	18	A	1		5	6	8	
Phosphorus, P.....mg	460	5.295	18	A	1		87	97	129	
Potassium, K.....mg	76	4.994	18	A	1		14	16	21	
Sodium, Na.....mg	644	11.980	18	A	1		122	135	180	
Zinc, Zn.....mg	3.74	0.028	18	A	1		0.71	0.79	1.05	
Copper, Cu.....mg	0.035	0.001	18	A	1		0.007	0.007	0.010	
Manganese, Mn.....mg	0.024	0.002	18	A	1		0.005	0.005	0.007	
Selenium, Se.....µg	28.3	0.585	9	A	1		5.4	5.9	7.9	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0	
Thiamin.....mg	0.027	0.003	9	A	1		0.005	0.006	0.007	
Riboflavin.....mg	0.434	0.022	9	A	1		0.082	0.091	0.122	
Niacin.....mg	0.039	0.004	9	A	1		0.007	0.008	0.011	
Pantothenic acid.....mg	0.481	0.004	6	A	1		0.091	0.101	0.135	
Vitamin B-6.....mg	0.075	0.003	9	A	1		0.014	0.016	0.021	
Folate, total.....µg	27		4	A	1		5	6	8	
Folic acid.....µg	0		0	NR	4		0	0	0	
Folate, food.....µg	27		0	NR	4		5	6	8	
Folate, DFE.....µg	27		0	NC	4		5	6	8	
Choline, total.....mg	16.5		0	NR	4		3.1	3.5	4.6	
Betaine.....mg										
Vitamin B-12.....µg	0.88	0.039	9	A	1		0.17	0.19	0.25	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE.....µg	263		0	NC	4		50	55	74	
Retinol.....µg	256		3	A	1		49	54	72	
Carotene, beta.....µg	85		0	NR	4		16	18	24	
Carotene, alpha.....µg	0		0	NR	4		0	0	0	
Cryptoxanthin, beta.....µg	0		0	NR	4		0	0	0	
Vitamin A, IU.....IU	994		0	NC	4		189	209	278	
Lycopene.....µg	0		0	NR	4		0	0	0	
Lutein + zeaxanthin.....µg	0		0	NR	4		0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.78	0.013	9	A	1		0.15	0.16	0.22	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00	
Tocopherol, gamma.....mg	0.06	0.005	9	A	1		0.01	0.01	0.02	
Tocopherol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00	

NDB No. 01270
Cheese, cheddar, sharp, sliced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		0.2	0.2	0.3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.0		0	NR	4		0.2	0.2	0.3
Vitamin D.....IU	41		1	LC	8		8	9	11
Vitamin K (phylloquinone).....µg	2.4		2	A	1		0.5	0.5	0.7
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	8.6		2	A	1		1.6	1.8	2.4
Lipids:									
Fatty acids, total saturated.....g	19.368		0	NC	4		3.680	4.067	5.423
4:0.....g	0.675	0.009	18	A	1		0.128	0.142	0.189
6:0.....g	0.565	0.013	18	A	1		0.107	0.119	0.158
8:0.....g	0.361	0.006	18	A	1		0.069	0.076	0.101
10:0.....g	0.857	0.015	18	A	1		0.163	0.180	0.240
12:0.....g	0.967	0.013	18	A	1		0.184	0.203	0.271
13:0.....g									
14:0.....g	3.103	0.035	18	A	1		0.590	0.652	0.869
15:0.....g	0.322	0.004	18	A	1		0.061	0.068	0.090
16:0.....g	8.705	0.091	18	A	1		1.654	1.828	2.437
17:0.....g	0.195	0.004	18	A	1		0.037	0.041	0.055
18:0.....g	3.547	0.116	18	A	1		0.674	0.745	0.993
20:0.....g	0.049	0.001	18	A	1		0.009	0.010	0.014
22:0.....g	0.014	0.001	18	A	1		0.003	0.003	0.004
24:0.....g	0.009	0.000	18	A	1		0.002	0.002	0.002
Fatty acids, total monounsaturated.....g	8.428		0	NC	4		1.601	1.770	2.360
14:1.....g	0.305	0.009	18	A	1		0.058	0.064	0.085
15:1.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.492	0.017	18	AS	1		0.094	0.103	0.138
16:1 c.....g	0.388	0.015	18	A	1		0.074	0.082	0.109
16:1 t.....g	0.104	0.002	18	A	1		0.020	0.022	0.029
17:1.....g	0.059	0.003	18	A	1		0.011	0.012	0.017
18:1 undifferentiated.....g	7.509	0.098	18	AS	1		1.427	1.577	2.103
18:1 c.....g	6.667	0.088	18	A	1		1.267	1.400	1.867
18:1 t.....g	0.842	0.013	18	A	1		0.160	0.177	0.236
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.061	0.001	18	A	1		0.012	0.013	0.017
22:1 undifferentiated.....g	0.001	0.000	18	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.000	18	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.433		0	NC	4		0.272	0.301	0.401
18:2 undifferentiated.....g	1.179	0.017	18	AS	1		0.224	0.248	0.330
18:2 n-6 c,c.....g	0.775	0.019	18	A	1		0.147	0.163	0.217
18:2 CLAs.....g	0.174	0.004	18	A	1		0.033	0.037	0.049
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.230	0.005	18	A	1		0.044	0.048	0.064
18:3 undifferentiated.....g	0.122	0.011	18	AS	1		0.023	0.026	0.034
18:3 n-3 c,c,c (ALA).....g	0.117	0.011	18	A	1		0.022	0.025	0.033
18:3 n-6 c,c,c.....g	0.001	0.001	18	A	1		0.000	0.000	0.000
18:3i.....g	0.003	0.000	18	A	1		0.001	0.001	0.001
18:4.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.007	0.000	18	A	1		0.001	0.001	0.002
20:3 undifferentiated.....g	0.037	0.001	18	AS	1		0.007	0.008	0.010
20:3 n-3.....g	0.002	0.000	18	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.036	0.001	18	A	1		0.007	0.007	0.010
20:4 undifferentiated.....g	0.050	0.001	18	A	1		0.010	0.011	0.014
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.010	0.001	18	A	1		0.002	0.002	0.003
21:5.....g									
22:4.....g	0.008	0.001	18	A	1		0.002	0.002	0.002
22:5 n-3 (DPA).....g	0.017	0.001	18	A	1		0.003	0.004	0.005

NDB No. 01270
Cheese, cheddar, sharp, sliced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Code	Code	Code			
22:6 n-3 (DHA).....g	0.001	0.000	18	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	1.179		0	NC	4	0.224	0.248	0.330
Fatty acids, total trans-monoenoic.....g	0.946		0	NC	4	0.180	0.199	0.265
Fatty acids, total trans-polyenoic.....g	0.233		0	NC	4	0.044	0.049	0.065
Cholesterol.....mg	99	0.621	9	A	1	19	21	28
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.321		0	A	1	0.061	0.067	0.090
Threonine.....g	1.091		0	A	1	0.207	0.229	0.305
Isoleucine.....g	1.289		0	A	1	0.245	0.271	0.361
Leucine.....g	2.434		0	A	1	0.462	0.511	0.681
Lysine.....g	2.037		0	A	1	0.387	0.428	0.570
Methionine.....g	0.587		0	A	1	0.112	0.123	0.164
Cystine.....g	0.144		0	A	1	0.027	0.030	0.040
Phenylalanine.....g	1.259		0	A	1	0.239	0.264	0.352
Tyrosine.....g	1.317		0	A	1	0.250	0.276	0.369
Valine.....g	1.631		0	A	1	0.310	0.342	0.457
Arginine.....g	1.084		0	A	1	0.206	0.228	0.304
Histidine.....g	0.710		0	A	1	0.135	0.149	0.199
Alanine.....g	0.838		0	A	1	0.159	0.176	0.235
Aspartic acid.....g	1.973		0	A	1	0.375	0.414	0.552
Glutamic acid.....g	5.675		0	A	1	1.078	1.192	1.589
Glycine.....g	0.484		0	A	1	0.092	0.102	0.136
Proline.....g	2.680		0	A	1	0.509	0.563	0.750
Serine.....g	1.394		0	A	1	0.265	0.293	0.390
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 slice (2/3 oz)

Measure 2 = 21g: 1 slice (3/4 oz)

Measure 3 = 28g: 1 slice (1 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01010
Cheese, cheshire

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.65	0.752	20		1		10.67		
Energy.....kcal	387		0	NC	4		110		
Energy.....kJ	1620		0		4		459		
Protein (N x 6.38).....g	23.37		12		1		6.63		
Total lipid (fat).....g	30.60		4		1		8.68		
Ash.....g	3.60	0.101	3		1		1.02		
Carbohydrate, by difference.....g	4.78		0	NC	4		1.36		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	643		7		1		182		
Iron, Fe.....mg	0.21		4		1		0.06		
Magnesium, Mg.....mg	21		4		1		6		
Phosphorus, P.....mg	464		7		1		131		
Potassium, K.....mg	95		4		1		27		
Sodium, Na.....mg	700		4		1		198		
Zinc, Zn.....mg	2.79		0		4		0.79		
Copper, Cu.....mg	0.042		0		1		0.012		
Manganese, Mn.....mg	0.012		0		1		0.003		
Selenium, Se.....µg	14.5		0	CAZN	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.046	0.001	11		1		0.013		
Riboflavin.....mg	0.293	0.014	11		1		0.083		
Niacin.....mg	0.080		0		4		0.023		
Pantothenic acid.....mg	0.413		0		4		0.117		
Vitamin B-6.....mg	0.074		0		4		0.021		
Folate, total.....µg	18		0		4		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	18		0		4		5		
Folate, DFE.....µg	18		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.83		0		4		0.23		
Vitamin A, RAE.....µg	233		0	NC	4		66		
Retinol.....µg	220		0	NC	4		62		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	985		2		1		279		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total saturated.....g	19.475		0		4		5.521		
4:0.....g	0.966		0		4		0.274		
6:0.....g	0.488		0		4		0.138		
8:0.....g	0.258		0		4		0.073		
10:0.....g	0.554		0		4		0.157		
12:0.....g	0.500		0		4		0.142		
13:0.....g									
14:0.....g	3.075		0		4		0.872		
15:0.....g									
16:0.....g	9.052		0		4		2.566		
17:0.....g									
18:0.....g	3.700		0		4		1.049		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.671		0		4		2.458		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.927		0		4		0.263		
17:1.....g									
18:1 undifferentiated.....g	7.299		0		4		2.069		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		4		0.247		
18:2 undifferentiated.....g	0.533		0		4		0.151		
18:3 undifferentiated.....g	0.337		0		4		0.096		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	103		1		1		29		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.300		0		1		0.085		
Threonine.....g	0.832		0		1		0.236		
Isoleucine.....g	1.451		0		1		0.411		
Leucine.....g	2.238		0		1		0.634		
Lysine.....g	1.945		0		1		0.551		
Methionine.....g	0.612		0		1		0.174		
Cystine.....g	0.117		0		1		0.033		
Phenylalanine.....g	1.231		0		1		0.349		
Tyrosine.....g	1.128		0		1		0.320		
Valine.....g	1.560		0		1		0.442		
Arginine.....g	0.883		0		1		0.250		
Histidine.....g	0.821		0		1		0.233		
Alanine.....g	0.659		0		1		0.187		
Aspartic acid.....g	1.502		0		1		0.426		
Glutamic acid.....g	5.718		0		1		1.621		
Glycine.....g	0.403		0		1		0.114		
Proline.....g	2.634		0		1		0.747		
Serine.....g	1.366		0		1		0.387		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01010
Cheese, cheshire

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01011
Cheese, colby

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.20	0.326	28		1		50.42	43.17	10.83
Energy.....kcal	394		0	NC	4		520	445	112
Energy.....kJ	1647		0	NC	4		2174	1861	467
Protein (N x 6.38).....g	23.76	0.431	20		1		31.36	26.85	6.74
Total lipid (fat).....g	32.11	0.359	32		1		42.39	36.28	9.10
Ash.....g	3.36	0.168	16		1		4.44	3.80	0.95
Carbohydrate, by difference.....g	2.57		0	NC	4		3.39	2.90	0.73
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.52		0	BFFN	4		0.68	0.58	0.15
Starch.....g									
Minerals:									
Calcium, Ca.....mg	685	15.598	16		1		904	774	194
Iron, Fe.....mg	0.76	0.046	4		1		1.00	0.86	0.22
Magnesium, Mg.....mg	26	1.373	12		1		34	29	7
Phosphorus, P.....mg	457	7.800	12		1		603	516	129
Potassium, K.....mg	127	16.038	12		1		167	143	36
Sodium, Na.....mg	604	26.255	12		1		798	683	171
Zinc, Zn.....mg	3.07	0.023	4		1		4.05	3.47	0.87
Copper, Cu.....mg	0.042		0		1		0.055	0.047	0.012
Manganese, Mn.....mg	0.012		0		1		0.016	0.014	0.003
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.015	0.001	8		1		0.020	0.017	0.004
Riboflavin.....mg	0.375	0.017	13		1		0.495	0.424	0.106
Niacin.....mg	0.093	0.024	9		1		0.123	0.105	0.026
Pantothenic acid.....mg	0.210		1		1		0.277	0.237	0.060
Vitamin B-6.....mg	0.079	0.023	7		1		0.104	0.089	0.022
Folate, total.....µg	18		0		4		24	21	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	18		0		4		24	21	5
Folate, DFE.....µg	18		0	NC	4		24	21	5
Choline, total.....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine.....mg									
Vitamin B-12.....µg	0.83	0.079	7		1		1.09	0.93	0.23
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	264		0	NC	4		348	298	75
Retinol.....µg	257		0	T	4		339	290	73
Carotene, beta.....µg	82		0	BFFN	4		109	93	23
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	994		0	NC	4		1312	1123	282
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.28		0	BFFN	4		0.36	0.31	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.8	0.7	0.2
Vitamin D.....IU	24		0	BFFN	4		31	27	7
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		3.5	3.0	0.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01011
Cheese, colby

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3	
			Points	Deriv Code	Source Code Confidence Code				
Lipids:									
Fatty acids, total saturated.....g	20.218		0		1	26.688	22.846	5.732	
4:0.....g	1.041		1		1	1.374	1.176	0.295	
6:0.....g	0.259	0.020	8		1	0.342	0.293	0.073	
8:0.....g	0.324	0.024	8		1	0.428	0.366	0.092	
10:0.....g	0.597	0.042	8		1	0.788	0.675	0.169	
12:0.....g	0.422	0.016	8		1	0.557	0.477	0.120	
13:0.....g									
14:0.....g	3.831	0.149	8		1	5.057	4.329	1.086	
15:0.....g									
16:0.....g	8.232	0.361	8		1	10.866	9.302	2.334	
17:0.....g									
18:0.....g	3.630	0.277	8		1	4.792	4.102	1.029	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.280		0		1	12.250	10.486	2.631	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.979	0.050	8		1	1.292	1.106	0.278	
17:1.....g									
18:1 undifferentiated.....g	7.813	0.335	8		1	10.313	8.829	2.215	
20:1.....g	0.000		0		1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.953		0		1	1.258	1.077	0.270	
18:2 undifferentiated.....g	0.676	0.071	8		1	0.892	0.764	0.192	
18:3 undifferentiated.....g	0.277	0.049	8		1	0.366	0.313	0.079	
18:4.....g	0.000		0		1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	2.962	4		1	125	107	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1	0.403	0.345	0.086	
Threonine.....g	0.845		0		1	1.115	0.955	0.240	
Isoleucine.....g	1.475		0		1	1.947	1.667	0.418	
Leucine.....g	2.275		0		1	3.003	2.571	0.645	
Lysine.....g	1.978		0		1	2.611	2.235	0.561	
Methionine.....g	0.622		0		1	0.821	0.703	0.176	
Cystine.....g	0.119		0		1	0.157	0.134	0.034	
Phenylalanine.....g	1.251		0		1	1.651	1.414	0.355	
Tyrosine.....g	1.147		0		1	1.514	1.296	0.325	
Valine.....g	1.586		0		1	2.094	1.792	0.450	
Arginine.....g	0.898		0		1	1.185	1.015	0.255	
Histidine.....g	0.834		0		1	1.101	0.942	0.236	
Alanine.....g	0.670		0		1	0.884	0.757	0.190	
Aspartic acid.....g	1.527		0		1	2.016	1.726	0.433	
Glutamic acid.....g	5.813		0		1	7.673	6.569	1.648	
Glycine.....g	0.410		0		1	0.541	0.463	0.116	
Proline.....g	2.678		0		1	3.535	3.026	0.759	
Serine.....g	1.389		0		1	1.833	1.570	0.394	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	

NDB No. 01011
Cheese, colby

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.79	0.242	3	A	1		90.16	167.55	179.52
Energy.....kcal	98		0	NC	4		111	207	221
Energy.....kJ	412		0	NC	4		465	864	926
Protein (N x 6.38).....g	11.12	0.408	3	A	1		12.57	23.36	25.03
Total lipid (fat).....g	4.30	0.026	3	A	1		4.86	9.03	9.67
Ash.....g	1.41	0.032	3	A	1		1.60	2.97	3.18
Carbohydrate, by difference.....g	3.38		0	NC	4		3.82	7.09	7.60
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	2.67	0.520	3	A	1		3.02	5.61	6.01
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	2.67	0.520	3	A	1		3.02	5.61	6.01
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	83	1.350	3	A	1		94	175	188
Iron, Fe.....mg	0.07	0.000	3	A	1		0.08	0.15	0.17
Magnesium, Mg.....mg	8	0.250	3	A	1		9	16	18
Phosphorus, P.....mg	159	3.383	3	A	1		180	335	358
Potassium, K.....mg	104	8.138	3	A	1		118	219	235
Sodium, Na.....mg	364	17.616	3	A	1		411	764	819
Zinc, Zn.....mg	0.40	0.014	3	A	1		0.45	0.84	0.90
Copper, Cu.....mg	0.029	0.011	3	A	1		0.033	0.061	0.066
Manganese, Mn.....mg	0.002	0.000	3	A	1		0.002	0.005	0.005
Selenium, Se.....µg	9.7	1.418	3	A	1		11.0	20.4	21.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.027	0.003	3	A	1		0.030	0.056	0.060
Riboflavin.....mg	0.163	0.003	3	A	1		0.184	0.343	0.367
Niacin.....mg	0.099	0.004	3	A	1		0.111	0.207	0.222
Pantothenic acid.....mg	0.557	0.027	3	A	1		0.629	1.169	1.252
Vitamin B-6.....mg	0.046	0.002	3	A	1		0.052	0.096	0.103
Folate, total.....µg	12	1.350	4		1		14	26	27
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	12	1.350	4		1		14	26	27
Folate, DFE.....µg	12		0	NC	4		14	26	27
Choline, total.....mg	18.4		0	AS	1		20.8	38.7	41.5
Betaine.....mg	0.7		1	A	1		0.8	1.6	1.7
Vitamin B-12.....µg	0.43	0.047	3	A	1		0.49	0.91	0.97
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	37		0	NC	4		42	78	83
Retinol.....µg	36	2.579	3	A	1		41	76	81
Carotene, beta.....µg	12		0	BFFN	4		13	24	26
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	140		0	NC	4		158	293	314
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.08	0.003	3	A	1		0.09	0.16	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Confidence Code			
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	3	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.1		0	AS	1	0.1	0.2	0.2
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	0.1		0	BFFN	4	0.1	0.2	0.2
Vitamin D.....IU	3		0	BFFN	4	4	7	7
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1	0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	0.9	0.230	3	A	1	1.0	1.9	2.1
Lipids:								
Fatty acids, total saturated.....g	1.718		0	NC	4	1.941	3.607	3.865
4:0.....g	0.109		0	BFFN	4	0.123	0.229	0.245
6:0.....g	0.025		0	BFFN	4	0.028	0.052	0.055
8:0.....g	0.023		0	BFFN	4	0.026	0.049	0.052
10:0.....g	0.064		0	BFFN	4	0.073	0.135	0.144
12:0.....g	0.070		0	BFFN	4	0.079	0.147	0.158
13:0.....g								
14:0.....g	0.263		0	BFFN	4	0.297	0.553	0.592
15:0.....g	0.029		0	BFFN	4	0.033	0.061	0.065
16:0.....g	0.778		0	BFFN	4	0.879	1.634	1.750
17:0.....g	0.012		0	BFFN	4	0.013	0.024	0.026
18:0.....g	0.345		0	BFFN	4	0.390	0.725	0.777
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.778		0	NC	4	0.879	1.633	1.750
14:1.....g	0.017		0	BFFN	4	0.020	0.036	0.039
15:1.....g								
16:1 undifferentiated.....g	0.047		0	BFFN	4	0.053	0.098	0.105
17:1.....g								
18:1 undifferentiated.....g	0.714		0	BFFN	4	0.806	1.499	1.606
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.123		0	NC	4	0.139	0.258	0.276
18:2 undifferentiated.....g	0.105		0	BFFN	4	0.119	0.221	0.237
18:3 undifferentiated.....g	0.017		0	BFFN	4	0.020	0.036	0.039
18:4.....g	0.000		0	BFFN	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFFN	4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFFN	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	17	0.208	3	A	1	20	36	39
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.147		0	A	1	0.166	0.309	0.331
Threonine.....g	0.500		0	A	1	0.565	1.051	1.126
Isoleucine.....g	0.591		0	A	1	0.668	1.241	1.330
Leucine.....g	1.116		0	A	1	1.261	2.344	2.511
Lysine.....g	0.934		0	A	1	1.056	1.962	2.102
Methionine.....g	0.269		0	A	1	0.304	0.565	0.606
Cystine.....g	0.066		0	A	1	0.075	0.138	0.148
Phenylalanine.....g	0.577		0	A	1	0.652	1.212	1.299
Tyrosine.....g	0.604		0	A	1	0.682	1.268	1.359
Valine.....g	0.748		0	A	1	0.845	1.571	1.683
Arginine.....g	0.497		0	A	1	0.562	1.044	1.119
Histidine.....g	0.326		0	A	1	0.368	0.684	0.733
Alanine.....g	0.384		0	A	1	0.434	0.807	0.864

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.905		0	A	1		1.022	1.900	2.036
Glutamic acid.....g	2.603		0	A	1		2.941	5.466	5.856
Glycine.....g	0.222		0	A	1		0.251	0.466	0.500
Proline.....g	1.229		0	A	1		1.389	2.581	2.766
Serine.....g	0.639		0	A	1		0.722	1.343	1.439
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 210g: 1 cup, large curd (not packed)

Measure 3 = 225g: 1 cup, small curd (not packed)

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, cottage, creamed, with fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points	Code	Code				Code
Proximates:									
Water.....g	79.64		0	RA	4	90.00	179.99		
Energy.....kcal	97		0	NC	4	110	220		
Energy.....kJ	407		0	NC	4	460	921		
Protein (N x 6.38).....g	10.69		0	RA	4	12.08	24.17		
Total lipid (fat).....g	3.85		0	RA	4	4.35	8.70		
Ash.....g	1.20		0	RA	4	1.36	2.72		
Carbohydrate, by difference.....g	4.61		0	RA	4	5.21	10.42		
Fiber, total dietary.....g	0.2		0	RA	4	0.2	0.5		
Sugars, total.....g	2.38		0	RA	4	2.69	5.39		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		0	RA	4	60	121		
Iron, Fe.....mg	0.16		0	RA	4	0.18	0.36		
Magnesium, Mg.....mg	7		0	RA	4	8	15		
Phosphorus, P.....mg	113		0	RA	4	128	255		
Potassium, K.....mg	90		0	RA	4	102	204		
Sodium, Na.....mg	344		0	RA	4	389	778		
Zinc, Zn.....mg	0.33		0	RA	4	0.37	0.75		
Copper, Cu.....mg	0.040		0	RA	4	0.045	0.090		
Manganese, Mn.....mg	0.003		0	RA	4	0.003	0.006		
Selenium, Se.....µg	7.7		0	RA	4	8.7	17.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0	RA	4	1.6	3.2		
Thiamin.....mg	0.033		0	RA	4	0.037	0.075		
Riboflavin.....mg	0.142		0	RA	4	0.160	0.320		
Niacin.....mg	0.150		0	RA	4	0.169	0.338		
Pantothenic acid.....mg	0.181		0	RA	4	0.205	0.409		
Vitamin B-6.....mg	0.068		0	RA	4	0.077	0.154		
Folate, total.....µg	11		0	RA	4	13	25		
Folic acid.....µg	0		0	RA	4	0	0		
Folate, food.....µg	11		0	RA	4	13	25		
Folate, DFE.....µg	11		0	NC	4	13	25		
Choline, total.....mg	17.5		0	CAZN	4	19.8	39.6		
Betaine.....mg									
Vitamin B-12.....µg	0.53		0	RA	4	0.60	1.20		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	38		0	RA	4	43	85		
Retinol.....µg	37		0	RA	4	41	83		
Carotene, beta.....µg	14		0	RA	4	16	32		
Carotene, alpha.....µg	0		0	RA	4	0	0		
Cryptoxanthin, beta.....µg	0		0	RA	4	0	0		
Vitamin A, IU.....IU	146		0	RA	4	165	329		
Lycopene.....µg	0		0	RA	4	0	0		
Lutein + zeaxanthin.....µg	0		0	RA	4	0	0		
Vitamin E (alpha-tocopherol).....mg	0.04		0	RA	4	0.04	0.08		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.4		0	RA	4	0.5	1.0		
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

NDB No. 01013

Cheese, cottage, creamed, with fruit

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.311		0	RA	4		2.611	5.222	
4:0.....g	0.123		0	RA	4		0.139	0.279	
6:0.....g	0.027		0	RA	4		0.031	0.061	
8:0.....g	0.031		0	RA	4		0.035	0.069	
10:0.....g	0.070		0	RA	4		0.079	0.158	
12:0.....g	0.061		0	RA	4		0.069	0.138	
13:0.....g									
14:0.....g	0.401		0	RA	4		0.453	0.907	
15:0.....g									
16:0.....g	1.159		0	RA	4		1.310	2.620	
17:0.....g									
18:0.....g	0.438		0	RA	4		0.495	0.990	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.036		0	RA	4		1.171	2.342	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		0	RA	4		0.155	0.310	
17:1.....g									
18:1 undifferentiated.....g	0.899		0	RA	4		1.016	2.033	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0	RA	4		0.140	0.281	
18:2 undifferentiated.....g	0.088		0	RA	4		0.099	0.198	
18:3 undifferentiated.....g	0.037		0	RA	4		0.041	0.083	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RA	4		14	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0	RA	4		0.134	0.267	
Threonine.....g	0.471		0	RA	4		0.532	1.064	
Isoleucine.....g	0.624		0	RA	4		0.705	1.410	
Leucine.....g	1.091		0	RA	4		1.233	2.467	
Lysine.....g	0.859		0	RA	4		0.970	1.940	
Methionine.....g	0.320		0	RA	4		0.361	0.722	
Cystine.....g	0.099		0	RA	4		0.111	0.223	
Phenylalanine.....g	0.572		0	RA	4		0.646	1.293	
Tyrosine.....g	0.566		0	RA	4		0.640	1.279	
Valine.....g	0.657		0	RA	4		0.742	1.485	
Arginine.....g	0.485		0	RA	4		0.547	1.095	
Histidine.....g	0.353		0	RA	4		0.399	0.797	
Alanine.....g	0.551		0	RA	4		0.622	1.245	
Aspartic acid.....g	0.719		0	RA	4		0.813	1.625	
Glutamic acid.....g	2.300		0	RA	4		2.599	5.198	
Glycine.....g	0.231		0	RA	4		0.261	0.523	
Proline.....g	1.230		0	RA	4		1.390	2.780	
Serine.....g	0.596		0	RA	4		0.673	1.347	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	

NDB No. 01013
Cheese, cottage, creamed, with fruit

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 113g: 4 oz
Measure 2 = 226g: 1 cup (not packed)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01016
Cheese, cottage, lowfat, 1% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.645		0		1		0.729	1.458	
4:0.....g	0.033		1		1		0.037	0.075	
6:0.....g	0.007		1		1		0.008	0.016	
8:0.....g	0.008	0.001	7		1		0.009	0.018	
10:0.....g	0.019	0.002	7		1		0.021	0.043	
12:0.....g	0.016	0.003	7		1		0.018	0.036	
13:0.....g									
14:0.....g	0.107	0.011	7		1		0.121	0.242	
15:0.....g									
16:0.....g	0.308	0.030	7		1		0.348	0.696	
17:0.....g									
18:0.....g	0.116	0.012	7		1		0.131	0.262	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.291		0		1		0.329	0.658	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036	0.005	7		1		0.041	0.081	
17:1.....g									
18:1 undifferentiated.....g	0.239	0.024	7		1		0.270	0.540	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.035	0.070	
18:2 undifferentiated.....g	0.022	0.003	7		1		0.025	0.050	
18:3 undifferentiated.....g	0.009	0.002	7		1		0.010	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		5	10	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0		1		0.156	0.312	
Threonine.....g	0.550		0		1		0.622	1.243	
Isoleucine.....g	0.728		0		1		0.823	1.645	
Leucine.....g	1.274		0		1		1.440	2.879	
Lysine.....g	1.002		0		1		1.132	2.265	
Methionine.....g	0.373		0		1		0.421	0.843	
Cystine.....g	0.115		0		1		0.130	0.260	
Phenylalanine.....g	0.668		0		1		0.755	1.510	
Tyrosine.....g	0.660		0		1		0.746	1.492	
Valine.....g	0.767		0		1		0.867	1.733	
Arginine.....g	0.565		0		1		0.638	1.277	
Histidine.....g	0.412		0		1		0.466	0.931	
Alanine.....g	0.643		0		1		0.727	1.453	
Aspartic acid.....g	0.839		0		1		0.948	1.896	
Glutamic acid.....g	2.684		0		1		3.033	6.066	
Glycine.....g	0.270		0		1		0.305	0.610	
Proline.....g	1.435		0		1		1.622	3.243	
Serine.....g	0.695		0		1		0.785	1.571	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01016
Cheese, cottage, lowfat, 1% milkfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 113g: 4 oz
Measure 2 = 226g: 1 cup (not packed)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42235
Cheese, cottage, lowfat, 1% milkfat, lactose reduced

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				
									Confidence Code
Proximates:									
Water.....g	82.50		0		1	93.23	187.28		
Energy.....kcal	74		0		1	84	168		
Energy.....kJ	310		0		1	350	703		
Protein.....g	12.40		0		1	14.01	28.15		
Total lipid (fat).....g	1.00		0		1	1.13	2.27		
Ash.....g	0.90		0	NR	4	1.02	2.04		
Carbohydrate, by difference.....g	3.20		0	NC	4	3.62	7.26		
Fiber, total dietary.....g	0.6		0		4	0.7	1.4		
Sugars, total.....g	2.60		0	NR	4	2.94	5.90		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		0		4	60	120		
Iron, Fe.....mg	0.14		0		1	0.16	0.32		
Magnesium, Mg.....mg	5		0		1	6	11		
Phosphorus, P.....mg	134		0		1	151	304		
Potassium, K.....mg	86		0		1	97	195		
Sodium, Na.....mg	220		0		4	249	499		
Zinc, Zn.....mg	0.38		0		1	0.43	0.86		
Copper, Cu.....mg	0.028		0		4	0.032	0.064		
Manganese, Mn.....mg									
Selenium, Se.....µg	9.0		0	BFNN	4	10.2	20.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0		
Thiamin.....mg	0.020		0		1	0.023	0.045		
Riboflavin.....mg	0.160		0		1	0.181	0.363		
Niacin.....mg	0.130		0		1	0.147	0.295		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0		1	0.079	0.159		
Folate, total.....µg	12		0		1	14	27		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	12		0		1	14	27		
Folate, DFE.....µg	12		0	NC	4	14	27		
Choline, total.....mg	17.5		0	BFZN	4	19.8	39.7		
Betaine.....mg									
Vitamin B-12.....µg	0.63		0		1	0.71	1.43		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	11		0	NC	4	12	25		
Retinol.....µg	11		0	BFFN	4	12	24		
Carotene, beta.....µg	3		0	BFFN	4	3	6		
Carotene, alpha.....µg	0		0	Z	7	0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0		
Vitamin A, IU.....IU	40		0	NC	4	45	91		
Lycopene.....µg	0		0	Z	7	0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFFN	4	0.01	0.02		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4	0.1	0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42235
Cheese, cottage, lowfat, 1% milkfat, lactose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	0.640		0		1		0.723	1.453	
4:0.....g	0.030		0		1		0.034	0.068	
6:0.....g	0.010		0		1		0.011	0.023	
8:0.....g	0.010		0		1		0.011	0.023	
10:0.....g	0.020		0		1		0.023	0.045	
12:0.....g	0.020		0		1		0.023	0.045	
13:0.....g									
14:0.....g	0.110		0		1		0.124	0.250	
15:0.....g									
16:0.....g	0.310		0		1		0.350	0.704	
17:0.....g									
18:0.....g	0.120		0		1		0.136	0.272	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.290		0		1		0.328	0.658	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.045	0.091	
17:1.....g									
18:1 undifferentiated.....g	0.240		0		1		0.271	0.545	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.034	0.068	
18:2 undifferentiated.....g	0.020		0		1		0.023	0.045	
18:3 undifferentiated.....g	0.010		0		1		0.011	0.023	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		5	9	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 227g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, cottage, lowfat, 1% milkfat, no sodium added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Number of Data		Deriv Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error							
Proximates:									
Water.....g	83.50		0		4		94.36	188.71	
Energy.....kcal	72		0		1		81	163	
Energy.....kJ	301		0		1		340	681	
Protein.....g	12.40		0		1		14.01	28.02	
Total lipid (fat).....g	1.00		0		1		1.13	2.26	
Ash.....g	0.40		0	NR	4		0.45	0.90	
Carbohydrate, by difference.....g	2.70		0	NC	4		3.05	6.10	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	2.70		0	NR	4		3.05	6.10	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		0		1		69	138	
Iron, Fe.....mg	0.14		0		1		0.16	0.32	
Magnesium, Mg.....mg	5		0		1		6	11	
Phosphorus, P.....mg	134		0		1		151	303	
Potassium, K.....mg	86		0		1		97	194	
Sodium, Na.....mg	13		0		1		15	29	
Zinc, Zn.....mg	0.38		0		1		0.43	0.86	
Copper, Cu.....mg	0.028		0		1		0.032	0.063	
Manganese, Mn.....mg									
Selenium, Se.....µg	8.4		0	BFNN	4		9.5	19.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.020		0		1		0.023	0.045	
Riboflavin.....mg	0.160		0		1		0.181	0.362	
Niacin.....mg	0.130		0		1		0.147	0.294	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0		1		0.079	0.158	
Folate, total.....µg	12		0		1		14	27	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	12		0		1		14	27	
Folate, DFE.....µg	12		0	NC	4		14	27	
Choline, total.....mg	17.5		0	BFZN	4		19.8	39.6	
Betaine.....mg									
Vitamin B-12.....µg	0.63		0		1		0.71	1.42	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	11		0	NC	4		12	25	
Retinol.....µg	11		0	BFFN	4		12	24	
Carotene, beta.....µg	3		0	BFFN	4		3	6	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	40		0	NC	4		45	91	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFFN	4		0.01	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4		0.1	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43352
Cheese, cottage, lowfat, 1% milkfat, no sodium added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				
				Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	0.632		0		4	0.714	1.428	
4:0.....g	0.031		0		4	0.035	0.070	
6:0.....g	0.007		0		4	0.008	0.016	
8:0.....g	0.009		0		4	0.010	0.020	
10:0.....g	0.018		0		4	0.020	0.041	
12:0.....g	0.016		0		4	0.018	0.036	
13:0.....g								
14:0.....g	0.104		0		4	0.118	0.235	
15:0.....g								
16:0.....g	0.302		0		4	0.341	0.683	
17:0.....g								
18:0.....g	0.115		0		4	0.130	0.260	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.284		0		4	0.321	0.642	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.036		0		4	0.041	0.081	
17:1.....g								
18:1 undifferentiated.....g	0.235		0		4	0.266	0.531	
20:1.....g	0.000		0		4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.031		0		4	0.035	0.070	
18:2 undifferentiated.....g	0.022		0		4	0.025	0.050	
18:3 undifferentiated.....g	0.009		0		4	0.010	0.020	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0		1	5	9	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, cottage, low fat, 1% milkfat, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points	Code	Code				Code
Proximates:									
Water.....g	83.50		0		4		94.36	188.71	
Energy.....kcal	67		0		4		76	151	
Energy.....kJ	280		0		4		317	634	
Protein.....g	10.90		0		4		12.32	24.63	
Total lipid (fat).....g	1.00		0		4		1.13	2.26	
Ash.....g	1.60		0	NR	4		1.81	3.62	
Carbohydrate, by difference.....g	3.00		0		4		3.39	6.78	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	3.00		0	NR	4		3.39	6.78	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56		0		4		63	127	
Iron, Fe.....mg	0.10		0		4		0.11	0.23	
Magnesium, Mg.....mg	4		0		4		5	9	
Phosphorus, P.....mg	128		0		4		145	289	
Potassium, K.....mg	86		0		4		97	194	
Sodium, Na.....mg	403		0		4		455	911	
Zinc, Zn.....mg	0.29		0		4		0.33	0.66	
Copper, Cu.....mg	0.028		0		4		0.032	0.063	
Manganese, Mn.....mg									
Selenium, Se.....µg	4.5		0	BFNN	4		5.1	10.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.0		0		4		4.5	9.0	
Thiamin.....mg	0.010		0		4		0.011	0.023	
Riboflavin.....mg	0.130		0		4		0.147	0.294	
Niacin.....mg	0.100		0		4		0.113	0.226	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0		4		0.057	0.113	
Folate, total.....µg	10		0		4		11	23	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		11	23	
Folate, DFE.....µg	10		0	NC	4		11	23	
Choline, total.....mg	17.5		0	BFZN	4		19.8	39.6	
Betaine.....mg									
Vitamin B-12.....µg	0.49		0		4		0.55	1.11	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	13		0	NC	4		14	28	
Retinol.....µg	10		0	BFFN	4		11	22	
Carotene, beta.....µg	34		0	BFFN	4		38	76	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	89		0	NC	4		100	200	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	16		0	BFZN	4		18	36	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFFN	4		0.01	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.6		0	BFFN	4		3.0	5.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43396
Cheese, cottage, lowfat, 1% milkfat, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.619		0		4		0.699	1.399	
4:0.....g	0.029		0		4		0.033	0.066	
6:0.....g	0.010		0		4		0.011	0.023	
8:0.....g	0.010		0		4		0.011	0.023	
10:0.....g	0.019		0		4		0.021	0.043	
12:0.....g	0.019		0		4		0.021	0.043	
13:0.....g									
14:0.....g	0.106		0		4		0.120	0.240	
15:0.....g									
16:0.....g	0.302		0		4		0.341	0.683	
17:0.....g									
18:0.....g	0.116		0		4		0.131	0.262	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.282		0		4		0.319	0.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		4		0.044	0.088	
17:1.....g									
18:1 undifferentiated.....g	0.233		0		4		0.263	0.527	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		4		0.044	0.088	
18:2 undifferentiated.....g	0.029		0		4		0.033	0.066	
18:3 undifferentiated.....g	0.010		0		4		0.011	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		4		3	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01015
Cheese, cottage, lowfat, 2% milkfat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.24	0.128	15	A	1		91.81	183.61	
Energy.....kcal	81		0	NC	4		92	184	
Energy.....kJ	340		0	NC	4		384	768	
Protein.....g	10.45	0.291	15	A	1		11.81	23.62	
Total lipid (fat).....g	2.27	0.052	15	A	1		2.57	5.13	
Ash.....g	1.27	0.026	15	A	1		1.44	2.88	
Carbohydrate, by difference.....g	4.76		0	NC	4		5.38	10.76	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	4.00		2	A	1		4.52	9.04	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	3.87		2	A	1		4.38	8.76	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.12		2	A	1		0.14	0.28	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	111	6.589	15	A	1		125	251	
Iron, Fe.....mg	0.13	0.008	15	A	1		0.15	0.30	
Magnesium, Mg.....mg	9	0.242	15	A	1		10	20	
Phosphorus, P.....mg	150	3.455	15	A	1		169	338	
Potassium, K.....mg	125	5.396	15	A	1		141	282	
Sodium, Na.....mg	308	4.229	15	A	1		348	697	
Zinc, Zn.....mg	0.51	0.023	15	A	1		0.58	1.15	
Copper, Cu.....mg	0.033	0.003	15	A	1		0.037	0.074	
Manganese, Mn.....mg	0.015	0.000	15	A	1		0.017	0.033	
Selenium, Se.....µg	11.9	0.105	8	A	1		13.5	27.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.020	0.000	8	A	1		0.022	0.045	
Riboflavin.....mg	0.251	0.001	8	A	1		0.283	0.567	
Niacin.....mg	0.103	0.000	8	A	1		0.116	0.232	
Pantothenic acid.....mg	0.524	0.000	5	A	1		0.592	1.184	
Vitamin B-6.....mg	0.057	0.000	8	A	1		0.064	0.129	
Folate, total.....µg	8		2	A	1		9	18	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		2	A	1		9	18	
Folate, DFE.....µg	8		0	NC	4		9	18	
Choline, total.....mg	16.3		0	AS	1		18.4	36.7	
Betaine.....mg	0.6		1	A	1		0.7	1.4	
Vitamin B-12.....µg	0.47	0.027	8	A	1		0.53	1.06	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	68		0	AS	1		76	153	
Retinol.....µg	68		2	A	1		76	153	
Carotene, beta.....µg	6		0	BFFN	4		7	14	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	225		0	AS	1		255	510	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		2	A	1		0.09	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 01015

Cheese, cottage, lowfat, 2% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		2	A	1	0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1	0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1	0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1	0.0	0.0	
Lipids:								
Fatty acids, total saturated.....g	1.235		0	NC	4	1.396	2.791	
4:0.....g	0.040	0.001	15	A	1	0.045	0.090	
6:0.....g	0.034	0.001	15	A	1	0.038	0.077	
8:0.....g	0.027	0.000	15	A	1	0.030	0.060	
10:0.....g	0.060	0.001	15	A	1	0.068	0.137	
12:0.....g	0.061	0.001	15	A	1	0.069	0.138	
13:0.....g								
14:0.....g	0.199	0.003	15	A	1	0.225	0.449	
15:0.....g	0.021	0.000	15	A	1	0.024	0.048	
16:0.....g	0.561	0.008	15	A	1	0.634	1.268	
17:0.....g	0.010	0.000	15	A	1	0.012	0.023	
18:0.....g	0.218	0.005	15	A	1	0.246	0.492	
20:0.....g	0.003	0.000	15	A	1	0.003	0.006	
22:0.....g	0.001	0.000	15	A	1	0.001	0.001	
24:0.....g	0.000	0.000	15	A	1	0.000	0.001	
Fatty acids, total monounsaturated.....g	0.516		0	NC	4	0.583	1.166	
14:1.....g	0.020	0.000	15	A	1	0.022	0.044	
15:1.....g	0.000	0.000	15	A	1	0.000	0.000	
16:1 undifferentiated.....g	0.030	0.000	15	AS	1	0.033	0.067	
16:1 c.....g	0.025	0.000	15	A	1	0.028	0.057	
16:1 t.....g	0.005	0.000	15	A	1	0.005	0.010	
17:1.....g	0.004	0.000	15	A	1	0.004	0.008	
18:1 undifferentiated.....g	0.460	0.008	15	AS	1	0.520	1.040	
18:1 c.....g	0.410	0.007	15	A	1	0.464	0.928	
18:1 t.....g	0.050	0.001	15	A	1	0.056	0.112	
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.003	0.000	15	A	1	0.003	0.007	
22:1 undifferentiated.....g	0.000	0.000	15	AS	1	0.000	0.000	
22:1 c.....g	0.000	0.000	15	A	1	0.000	0.000	
22:1 t.....g	0.000	0.000	15	A	1	0.000	0.000	
24:1 c.....g	0.000	0.000	15	A	1	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.083		0	NC	4	0.094	0.188	
18:2 undifferentiated.....g	0.070	0.002	15	AS	1	0.079	0.157	
18:2 n-6 c,c.....g	0.047	0.002	15	A	1	0.053	0.107	
18:2 CLAs.....g	0.009	0.000	15	A	1	0.011	0.021	
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.013	0.000	15	A	1	0.015	0.030	
18:3 undifferentiated.....g	0.007	0.000	15	AS	1	0.008	0.016	
18:3 n-3 c,c,c (ALA).....g	0.007	0.000	15	A	1	0.008	0.016	
18:3 n-6 c,c,c.....g	0.000	0.000	15	A	1	0.000	0.000	
18:3i.....g	0.000	0.000	15	A	1	0.000	0.000	
18:4.....g	0.000	0.000	15	A	1	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	15	A	1	0.000	0.000	
20:3 undifferentiated.....g	0.002	0.000	15	AS	1	0.003	0.005	
20:3 n-3.....g	0.000	0.000	15	A	1	0.000	0.000	
20:3 n-6.....g	0.002	0.000	15	A	1	0.003	0.005	
20:4 undifferentiated.....g	0.003	0.000	15	A	1	0.003	0.006	
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.001	0.000	15	A	1	0.001	0.002	
21:5.....g								
22:4.....g	0.000	0.000	15	A	1	0.000	0.000	
22:5 n-3 (DPA).....g	0.001	0.000	15	A	1	0.001	0.001	

NDB No. 01015
Cheese, cottage, lowfat, 2% milkfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3	
			Deriv	Source	Confidence				
			Code	Code	Code				
22:6 n-3 (DHA).....g	0.000	0.000	15	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.067		0	NC	4	0.076	0.152		
Fatty acids, total trans-monoenoic.....g	0.054		0	NC	4	0.061	0.122		
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4	0.015	0.030		
Cholesterol.....mg	12	0.051	8	A	1	13	26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1	0.156	0.312		
Threonine.....g	0.470		0	A	1	0.531	1.063		
Isoleucine.....g	0.556		0	A	1	0.628	1.256		
Leucine.....g	1.049		0	A	1	1.185	2.371		
Lysine.....g	0.878		0	A	1	0.992	1.985		
Methionine.....g	0.253		0	A	1	0.286	0.572		
Cystine.....g	0.062		0	A	1	0.070	0.140		
Phenylalanine.....g	0.543		0	A	1	0.613	1.226		
Tyrosine.....g	0.568		0	A	1	0.641	1.283		
Valine.....g	0.703		0	A	1	0.794	1.589		
Arginine.....g	0.467		0	A	1	0.528	1.056		
Histidine.....g	0.306		0	A	1	0.346	0.692		
Alanine.....g	0.409		0	A	1	0.462	0.924		
Aspartic acid.....g	0.963		0	A	1	1.088	2.176		
Glutamic acid.....g	2.446		0	A	1	2.764	5.528		
Glycine.....g	0.209		0	A	1	0.236	0.472		
Proline.....g	1.155		0	A	1	1.305	2.611		
Serine.....g	0.601		0	A	1	0.679	1.358		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	7	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code		Code			
Proximates:									
Water.....g	81.01	0.592	3	A	1		117.46	91.54	
Energy.....kcal	72		0	NC	4		105	82	
Energy.....kJ	303		0	NC	4		439	342	
Protein (N x 6.38).....g	10.34	0.603	3	A	1		14.99	11.68	
Total lipid (fat).....g	0.29	0.063	3	A	1		0.42	0.32	
Ash.....g	1.71	0.127	3	A	1		2.48	1.93	
Carbohydrate, by difference.....g	6.66		0	NC	4		9.65	7.52	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	1.85		0	NR	4		2.68	2.09	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.29	0.033	3	A	1		0.42	0.33	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	1.56	0.420	3	A	1		2.26	1.76	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	86		2	A	1		124	97	
Iron, Fe.....mg	0.15	0.000	3	A	1		0.21	0.17	
Magnesium, Mg.....mg	11	0.667	3	A	1		16	13	
Phosphorus, P.....mg	190	26.458	3	A	1		276	215	
Potassium, K.....mg	137	6.667	3	A	1		198	154	
Sodium, Na.....mg	372		0	NR	4		539	420	
Zinc, Zn.....mg	0.47	0.035	3	A	1		0.69	0.53	
Copper, Cu.....mg	0.030	0.000	3	A	1		0.043	0.034	
Manganese, Mn.....mg	0.022	0.014	3	A	1		0.031	0.024	
Selenium, Se.....µg	9.4	1.325	3	A	1		13.7	10.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.023	0.004	3	A	1		0.033	0.026	
Riboflavin.....mg	0.226	0.004	3	A	1		0.328	0.256	
Niacin.....mg	0.144	0.013	3	A	1		0.209	0.163	
Pantothenic acid.....mg	0.446	0.023	3	A	1		0.647	0.504	
Vitamin B-6.....mg	0.016	0.000	3	A	1		0.023	0.018	
Folate, total.....µg	9	1.491	3	A	1		12	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9	1.491	3	A	1		12	10	
Folate, DFE.....µg	9		0	NC	4		12	10	
Choline, total.....mg	17.9		0	AS	1		25.9	20.2	
Betaine.....mg	0.9		1	A	1		1.3	1.0	
Vitamin B-12.....µg	0.46	0.072	3	A	1		0.67	0.52	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4		3	3	
Retinol.....µg	2		0	BFFN	4		3	3	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	8		0	NC	4		12	9	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01	0.000	3	A	1		0.02	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.01	0.007	3	A	1		0.02	0.01	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.169		0	NC	4		0.245	0.191	
4:0.....g	0.007		0	BFFN	4		0.011	0.008	
6:0.....g	0.002		0	BFFN	4		0.002	0.002	
8:0.....g	0.005	0.001	7		1		0.007	0.006	
10:0.....g	0.009	0.001	7		1		0.013	0.010	
12:0.....g	0.006	0.001	7		1		0.009	0.007	
13:0.....g									
14:0.....g	0.020	0.000	3	A	1		0.029	0.022	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.070	0.000	3	A	1		0.102	0.079	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.050	0.006	3	A	1		0.072	0.056	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.079		0	NC	4		0.114	0.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012	0.002	7		1		0.017	0.014	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.067	0.003	3	A	1		0.097	0.075	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.003		0	NC	4		0.005	0.004	
18:2 undifferentiated.....g	0.003	0.003	3	A	1		0.005	0.004	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g	0.000	0.000	3	A	1		0.000	0.000	
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.285	3	A	1		10	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0	A	1		0.198	0.154	
Threonine.....g	0.465		0	A	1		0.674	0.525	
Isoleucine.....g	0.549		0	A	1		0.796	0.621	
Leucine.....g	1.037		0	A	1		1.504	1.172	
Lysine.....g	0.868		0	A	1		1.259	0.981	
Methionine.....g	0.250		0	A	1		0.363	0.283	
Cystine.....g	0.061		0	A	1		0.089	0.069	
Phenylalanine.....g	0.536		0	A	1		0.778	0.606	
Tyrosine.....g	0.561		0	A	1		0.814	0.634	
Valine.....g	0.695		0	A	1		1.008	0.785	
Arginine.....g	0.462		0	A	1		0.670	0.522	
Histidine.....g	0.303		0	A	1		0.439	0.342	
Alanine.....g	0.357		0	A	1		0.518	0.403	

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Aspartic acid.....g	0.841		0	A	1		1.219	0.950	
Glutamic acid.....g	2.419		0	A	1		3.507	2.733	
Glycine.....g	0.206		0	A	1		0.299	0.233	
Proline.....g	1.142		0	A	1		1.656	1.291	
Serine.....g	0.594		0	A	1		0.861	0.671	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43273
Cheese, cottage, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.646		0		4		2.990	5.980	
4:0.....g	0.130		0		4		0.147	0.294	
6:0.....g	0.028		0		4		0.032	0.063	
8:0.....g	0.037		0		4		0.042	0.084	
10:0.....g	0.074		0		4		0.084	0.167	
12:0.....g	0.065		0		4		0.073	0.147	
13:0.....g									
14:0.....g	0.436		0		4		0.493	0.985	
15:0.....g									
16:0.....g	1.264		0		4		1.428	2.857	
17:0.....g									
18:0.....g	0.482		0		4		0.545	1.089	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.189		0		4		1.344	2.687	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.148		0		4		0.167	0.334	
17:1.....g									
18:1 undifferentiated.....g	0.985		0		4		1.113	2.226	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		0		4		0.158	0.316	
18:2 undifferentiated.....g	0.103		0		4		0.116	0.233	
18:3 undifferentiated.....g	0.037		0		4		0.042	0.084	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	RA	4		16	32	
Phytosterols.....mg	0		0	RA	4		1	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.134		0	RA	4		0.151	0.303	
Threonine.....g	0.533		0	RA	4		0.602	1.204	
Isoleucine.....g	0.704		0	RA	4		0.796	1.592	
Leucine.....g	1.230		0	RA	4		1.389	2.779	
Lysine.....g	0.968		0	RA	4		1.093	2.187	
Methionine.....g	0.359		0	RA	4		0.406	0.811	
Cystine.....g	0.110		0	RA	4		0.125	0.249	
Phenylalanine.....g	0.645		0	RA	4		0.728	1.457	
Tyrosine.....g	0.637		0	RA	4		0.720	1.441	
Valine.....g	0.742		0	RA	4		0.838	1.676	
Arginine.....g	0.553		0	RA	4		0.625	1.251	
Histidine.....g	0.397		0	RA	4		0.449	0.897	
Alanine.....g	0.623		0	RA	4		0.704	1.408	
Aspartic acid.....g	0.819		0	RA	4		0.925	1.851	
Glutamic acid.....g	2.605		0	RA	4		2.943	5.886	
Glycine.....g	0.267		0	RA	4		0.301	0.602	
Proline.....g	1.385		0	RA	4		1.566	3.131	
Serine.....g	0.673		0	RA	4		0.761	1.522	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	

NDB No. 43273
Cheese, cottage, with vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 113g: 4 oz
Measure 2 = 226g: 1 cup

Calories Factors: Protein Fat Carbohydrate **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01017
Cheese, cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.62	0.427	11	A	1		7.63	122.09	5.26
Energy.....kcal	350		0	NC	4		51	813	35
Energy.....kJ	1466		0	NC	4		213	3401	147
Protein (N x 6.38).....g	6.15	0.080	11	A	1		0.89	14.27	0.62
Total lipid (fat).....g	34.44	0.261	11	A	1		4.99	79.91	3.44
Ash.....g	1.27	0.037	11	A	1		0.18	2.94	0.13
Carbohydrate, by difference.....g	5.52		0	NC	4		0.80	12.80	0.55
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	3.76	0.108	4	A	1		0.54	8.71	0.38
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	3.76	0.108	4	A	1		0.54	8.71	0.38
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.35		2	A	1		0.05	0.81	0.04
Minerals:									
Calcium, Ca.....mg	97	2.901	11	A	1		14	224	10
Iron, Fe.....mg	0.11	0.007	11	A	1		0.02	0.25	0.01
Magnesium, Mg.....mg	9	0.357	12	A	1		1	22	1
Phosphorus, P.....mg	107	1.912	12	A	1		15	248	11
Potassium, K.....mg	132	5.695	11	A	1		19	307	13
Sodium, Na.....mg	314	7.216	12	A	1		46	729	31
Zinc, Zn.....mg	0.50	0.016	12	A	1		0.07	1.16	0.05
Copper, Cu.....mg	0.018	0.000	12	A	1		0.003	0.042	0.002
Manganese, Mn.....mg	0.011	0.000	12	A	1		0.002	0.025	0.001
Selenium, Se.....µg	8.6	0.479	6	A	1		1.2	19.9	0.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.023	0.002	6	A	1		0.003	0.054	0.002
Riboflavin.....mg	0.230	0.006	6	A	1		0.033	0.533	0.023
Niacin.....mg	0.091	0.008	6	A	1		0.013	0.210	0.009
Pantothenic acid.....mg	0.517	0.012	4	A	1		0.075	1.200	0.052
Vitamin B-6.....mg	0.056	0.002	6	A	1		0.008	0.129	0.006
Folate, total.....µg	9		2	A	1		1	22	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9		2	A	1		1	22	1
Folate, DFE.....µg	9		0	NC	4		1	22	1
Choline, total.....mg	27.2		0	AS	1		3.9	63.1	2.7
Betaine.....mg	0.7		1	A	1		0.1	1.7	0.1
Vitamin B-12.....µg	0.22	0.027	6	A	1		0.03	0.51	0.02
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	308		0	AS	1		45	715	31
Retinol.....µg	303	34.717	4	A	1		44	703	30
Carotene, beta.....µg	59	4.760	4	A	1		9	138	6
Carotene, alpha.....µg	1	0.215	4	A	1		0	2	0
Cryptoxanthin, beta.....µg	2	0.134	4	A	1		0	5	0
Vitamin A, IU.....IU	1111		0	AS	1		161	2578	111
Lycopene.....µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....µg	7	0.007	4	A	1		1	17	1
Vitamin E (alpha-tocopherol).....mg	0.86	0.070	6	A	1		0.12	1.99	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.41	0.044	6	A	1		0.06	0.95	0.04
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.04	0.008	6	A	1		0.01	0.09	0.00
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		2	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.1		2	A	1		0.3	5.0	0.2
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	8.7		2	A	1		1.3	20.3	0.9
Lipids:									
Fatty acids, total saturated.....g	20.213		0	NC	4		2.931	46.893	2.021
4:0.....g	0.718	0.006	11	A	1		0.104	1.665	0.072
6:0.....g	0.592	0.004	11	A	1		0.086	1.374	0.059
8:0.....g	0.366	0.003	11	A	1		0.053	0.850	0.037
10:0.....g	0.868	0.008	11	A	1		0.126	2.014	0.087
12:0.....g	1.004	0.009	11	A	1		0.146	2.330	0.100
13:0.....g									
14:0.....g	3.275	0.029	11	A	1		0.475	7.598	0.327
15:0.....g	0.344	0.004	11	A	1		0.050	0.799	0.034
16:0.....g	9.405	0.132	11	A	1		1.364	21.820	0.941
17:0.....g	0.207	0.002	11	A	1		0.030	0.481	0.021
18:0.....g	3.365	0.055	11	A	1		0.488	7.807	0.337
20:0.....g	0.045	0.001	11	A	1		0.007	0.104	0.004
22:0.....g	0.014	0.000	11	A	1		0.002	0.033	0.001
24:0.....g	0.008	0.000	11	A	1		0.001	0.020	0.001
Fatty acids, total monounsaturated.....g	8.907		0	NC	4		1.292	20.664	0.891
14:1.....g	0.346	0.005	11	A	1		0.050	0.803	0.035
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.651	0.011	11	AS	1		0.094	1.510	0.065
16:1 c.....g	0.542	0.012	11	A	1		0.079	1.258	0.054
16:1 t.....g	0.108	0.002	11	A	1		0.016	0.251	0.011
17:1.....g	0.068	0.001	11	A	1		0.010	0.157	0.007
18:1 undifferentiated.....g	7.776	0.082	11	AS	1		1.128	18.041	0.778
18:1 c.....g	6.940	0.072	11	A	1		1.006	16.101	0.694
18:1 t.....g	0.836	0.013	11	A	1		0.121	1.940	0.084
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.064	0.001	11	A	1		0.009	0.148	0.006
22:1 undifferentiated.....g	0.002	0.000	11	AS	1		0.000	0.005	0.000
22:1 c.....g	0.002	0.000	11	A	1		0.000	0.005	0.000
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	11	A	1		0.000	0.001	0.000
Fatty acids, total polyunsaturated.....g	1.483		0	NC	4		0.215	3.440	0.148
18:2 undifferentiated.....g	1.212	0.014	11	AS	1		0.176	2.812	0.121
18:2 n-6 c,c.....g	0.807	0.011	11	A	1		0.117	1.873	0.081
18:2 CLAs.....g	0.180	0.004	11	A	1		0.026	0.418	0.018
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.225	0.004	11	A	1		0.033	0.522	0.022
18:3 undifferentiated.....g	0.131	0.002	11	AS	1		0.019	0.304	0.013
18:3 n-3 c,c,c (ALA).....g	0.125	0.002	11	A	1		0.018	0.290	0.013
18:3 n-6 c,c,c.....g	0.002	0.000	11	A	1		0.000	0.005	0.000
18:3i.....g	0.004	0.000	11	A	1		0.001	0.009	0.000
18:4.....g	0.001	0.001	11	A	1		0.000	0.002	0.000
20:2 n-6 c,c.....g	0.007	0.000	11	A	1		0.001	0.016	0.001
20:3 undifferentiated.....g	0.039	0.001	11	AS	1		0.006	0.090	0.004
20:3 n-3.....g	0.002	0.000	11	A	1		0.000	0.006	0.000
20:3 n-6.....g	0.036	0.001	11	A	1		0.005	0.085	0.004
20:4 undifferentiated.....g	0.053	0.001	11	A	1		0.008	0.122	0.005
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.010	0.000	11	A	1		0.001	0.023	0.001
21:5.....g									
22:4.....g	0.008	0.000	11	A	1		0.001	0.019	0.001
22:5 n-3 (DPA).....g	0.020	0.000	11	A	1		0.003	0.046	0.002

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g	0.229		0	NC	4		0.033	0.531	0.023
Cholesterol.....mg	101	1.063	5	A	1		15	235	10
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0	A	1		0.010	0.159	0.007
Threonine.....g	0.233		0	A	1		0.034	0.540	0.023
Isoleucine.....g	0.324		0	A	1		0.047	0.753	0.032
Leucine.....g	0.657		0	A	1		0.095	1.524	0.066
Lysine.....g	0.567		0	A	1		0.082	1.316	0.057
Methionine.....g	0.191		0	A	1		0.028	0.443	0.019
Cystine.....g	0.042		0	A	1		0.006	0.097	0.004
Phenylalanine.....g	0.291		0	A	1		0.042	0.674	0.029
Tyrosine.....g	0.303		0	A	1		0.044	0.704	0.030
Valine.....g	0.395		0	A	1		0.057	0.916	0.039
Arginine.....g	0.235		0	A	1		0.034	0.546	0.024
Histidine.....g	0.175		0	A	1		0.025	0.407	0.018
Alanine.....g	0.184		0	A	1		0.027	0.426	0.018
Aspartic acid.....g	0.514		0	A	1		0.075	1.194	0.051
Glutamic acid.....g	1.304		0	A	1		0.189	3.026	0.130
Glycine.....g	0.142		0	A	1		0.021	0.328	0.014
Proline.....g	0.665		0	A	1		0.096	1.544	0.067
Serine.....g	0.374		0	A	1		0.054	0.868	0.037
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.5g: 1 tbsp

Measure 2 = 232g: 1 cup

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01186
Cheese, cream, fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code				
Proximates:									
Water.....g	71.87		2	A	1		12.94		
Energy.....kcal	105		0	NC	4		19		
Energy.....kJ	441		0	NC	4		79		
Protein (N x 6.38).....g	15.69		2	A	1		2.83		
Total lipid (fat).....g	1.00		2	A	1		0.18		
Ash.....g	3.77		2	A	1		0.68		
Carbohydrate, by difference.....g	7.66		0	NC	4		1.38		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	5.48		2	A	1		0.99		
Sucrose.....g	0.64		2	A	1		0.12		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	4.84		2	A	1		0.87		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	1.05		2	A	1		0.19		
Minerals:									
Calcium, Ca.....mg	351		2	A	1		63		
Iron, Fe.....mg	0.19		2	A	1		0.03		
Magnesium, Mg.....mg	22		2	A	1		4		
Phosphorus, P.....mg	523		2	A	1		94		
Potassium, K.....mg	278		2	A	1		50		
Sodium, Na.....mg	702		2	A	1		126		
Zinc, Zn.....mg	1.50		2	A	1		0.27		
Copper, Cu.....mg	0.036		2	A	1		0.006		
Manganese, Mn.....mg	0.017		2	A	1		0.003		
Selenium, Se.....µg	4.9		0	BFNN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.040		2	A	1		0.007		
Riboflavin.....mg	0.265		2	A	1		0.048		
Niacin.....mg	0.230		2	A	1		0.041		
Pantothenic acid.....mg	0.840		2	A	1		0.151		
Vitamin B-6.....mg	0.050		2	A	1		0.009		
Folate, total.....µg	35		2	A	1		6		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	35		2	A	1		6		
Folate, DFE.....µg	35		0	NC	4		6		
Choline, total.....mg	65.2		0	BFNN	4		11.7		
Betaine.....mg									
Vitamin B-12.....µg	0.95		2	A	1		0.17		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	11		0	NC	4		2		
Retinol.....µg	10		0	BFFN	4		2		
Carotene, beta.....µg	11		2	A	1		2		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	0		2	A	1		0		
Vitamin A, IU.....IU	53		0	NC	4		10		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.02		2	A	1		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.01		2	A	1		0.00		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.2		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.1		2	A	1		0.0		
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.644		0	NC	4		0.116		
4:0.....g	0.056		2	A	1		0.010		
6:0.....g	0.029		2	A	1		0.005		
8:0.....g	0.041		2	A	1		0.007		
10:0.....g	0.035		2	A	1		0.006		
12:0.....g	0.025		2	A	1		0.005		
13:0.....g									
14:0.....g	0.083		2	A	1		0.015		
15:0.....g	0.009		2	A	1		0.002		
16:0.....g	0.242		2	A	1		0.043		
17:0.....g	0.005		2	A	1		0.001		
18:0.....g	0.115		2	A	1		0.021		
20:0.....g	0.001		2	A	1		0.000		
22:0.....g	0.002		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.250		0	NC	4		0.045		
14:1.....g	0.006		2	A	1		0.001		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.011		2	A	1		0.002		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.233		2	A	1		0.042		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	NC	4		0.010		
18:2 undifferentiated.....g	0.042		2	A	1		0.008		
18:3 undifferentiated.....g	0.006		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA).....g	0.006		2	A	1		0.001		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.002		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		2	A	1		2		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.182		0	A	1		0.033		
Threonine.....g	0.616		0	A	1		0.111		
Isoleucine.....g	0.858		0	A	1		0.154		
Leucine.....g	1.737		0	A	1		0.313		
Lysine.....g	1.501		0	A	1		0.270		
Methionine.....g	0.505		0	A	1		0.091		
Cystine.....g	0.111		0	A	1		0.020		

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.769		0	A	1		0.138		
Tyrosine.....g	0.802		0	A	1		0.144		
Valine.....g	1.045		0	A	1		0.188		
Arginine.....g	0.622		0	A	1		0.112		
Histidine.....g	0.464		0	A	1		0.083		
Alanine.....g	0.486		0	A	1		0.087		
Aspartic acid.....g	1.361		0	A	1		0.245		
Glutamic acid.....g	3.450		0	A	1		0.621		
Glycine.....g	0.374		0	A	1		0.067		
Proline.....g	1.760		0	A	1		0.317		
Serine.....g	0.990		0	A	1		0.178		
Hydroxyproline.....g	0.030		2	A	1		0.005		
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43274
Cheese, cream, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	66.72		2	A	1		10.01	160.13	6.67
Energy.....kcal	201		0	NC	4		30	483	20
Energy.....kJ	843		0	NC	4		126	2023	84
Protein.....g	7.85		2	A	1		1.18	18.83	0.78
Total lipid (fat).....g	15.28		2	A	1		2.29	36.66	1.53
Ash.....g	2.03		2	A	1		0.30	4.87	0.20
Carbohydrate, by difference.....g	8.13		0	NC	4		1.22	19.51	0.81
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	5.82		2	A	1		0.87	13.97	0.58
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	0.00
Fructose.....g	0.00		2	A	1		0.00	0.00	0.00
Lactose.....g	5.82		2	A	1		0.87	13.97	0.58
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	1.35		2	A	1		0.20	3.24	0.14
Minerals:									
Calcium, Ca.....mg	148		2	A	1		22	355	15
Iron, Fe.....mg	0.17		2	A	1		0.03	0.40	0.02
Magnesium, Mg.....mg	8		0		4		1	19	1
Phosphorus, P.....mg	152		2	A	1		23	365	15
Potassium, K.....mg	247		2	A	1		37	593	25
Sodium, Na.....mg	359		0	NR	4		54	862	36
Zinc, Zn.....mg	0.57		2	A	1		0.09	1.36	0.06
Copper, Cu.....mg	0.032		2	A	1		0.005	0.077	0.003
Manganese, Mn.....mg	0.011		2	A	1		0.002	0.026	0.001
Selenium, Se.....µg	4.0		0	BFNN	4		0.6	9.6	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.040		2	A	1		0.006	0.096	0.004
Riboflavin.....mg	0.185		2	A	1		0.028	0.444	0.018
Niacin.....mg	0.125		2	A	1		0.019	0.300	0.012
Pantothenic acid.....mg	0.845		2	A	1		0.127	2.028	0.084
Vitamin B-6.....mg	0.045		2	A	1		0.007	0.108	0.004
Folate, total.....µg	19		2	A	1		3	45	2
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	19		2	A	1		3	45	2
Folate, DFE.....µg	19		0	NC	4		3	45	2
Choline, total.....mg	12.1		0	BFFN	4		1.8	29.1	1.2
Betaine.....mg									
Vitamin B-12.....µg	0.92		2	A	1		0.14	2.20	0.09
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	161		0	NC	4		24	387	16
Retinol.....µg	160		0	BFFN	4		24	384	16
Carotene, beta.....µg	11		2	A	1		2	27	1
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	552		0	NC	4		83	1326	55
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.27		2	A	1		0.04	0.64	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02		2	A	1		0.00	0.05	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		2	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.3		0	AS	1	0.0	0.7	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	0.3		0	BFFN	4	0.0	0.7	0.0
Vitamin D.....IU	11		0	BFFN	4	2	27	1
Vitamin K (phylloquinone).....µg	1.1		2	A	1	0.2	2.5	0.1
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	5.4		2	A	1	0.8	13.0	0.5
Lipids:								
Fatty acids, total saturated.....g	9.098		0	NC	4	1.365	21.835	0.910
4:0.....g	0.505		0		4	0.076	1.212	0.051
6:0.....g	0.146		0		4	0.022	0.350	0.015
8:0.....g	0.175		2	A	1	0.026	0.419	0.017
10:0.....g	0.396		2	A	1	0.059	0.951	0.040
12:0.....g	0.440		2	A	1	0.066	1.057	0.044
13:0.....g								
14:0.....g	1.449		2	A	1	0.217	3.477	0.145
15:0.....g	0.146		2	A	1	0.022	0.350	0.015
16:0.....g	3.998		2	A	1	0.600	9.596	0.400
17:0.....g	0.081		2	A	1	0.012	0.193	0.008
18:0.....g	1.738		2	A	1	0.261	4.171	0.174
20:0.....g	0.024		2	A	1	0.004	0.056	0.002
22:0.....g	0.000		2	A	1	0.000	0.000	0.000
24:0.....g								
Fatty acids, total monounsaturated.....g	3.996		0	NC	4	0.599	9.591	0.400
14:1.....g	0.119		2	A	1	0.018	0.287	0.012
15:1.....g	0.000		2	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.211		2	A	1	0.032	0.507	0.021
17:1.....g	0.018		2	A	1	0.003	0.043	0.002
18:1 undifferentiated.....g	3.632		2	A	1	0.545	8.717	0.363
20:1.....g	0.015		2	A	1	0.002	0.037	0.002
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.658		0	NC	4	0.099	1.580	0.066
18:2 undifferentiated.....g	0.464		2	A	1	0.070	1.115	0.046
18:3 undifferentiated.....g	0.083		0	AS	1	0.013	0.200	0.008
18:3 n-3 c,c,c (ALA).....g	0.083		2	A	1	0.013	0.200	0.008
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000
18:3i.....g								
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.027		2	A	1	0.004	0.065	0.003
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	54		2	A	1	8	130	5
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.091		0	A	1	0.014	0.218	0.009
Threonine.....g	0.308		0	A	1	0.046	0.739	0.031
Isoleucine.....g	0.429		0	A	1	0.064	1.030	0.043
Leucine.....g	0.869		0	A	1	0.130	2.085	0.087
Lysine.....g	0.750		0	A	1	0.113	1.801	0.075
Methionine.....g	0.252		0	A	1	0.038	0.606	0.025
Cystine.....g	0.055		0	A	1	0.008	0.133	0.006

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Phenylalanine.....g	0.384		0	A	1	0.058	0.923	0.038
Tyrosine.....g	0.401		0	A	1	0.060	0.963	0.040
Valine.....g	0.522		0	A	1	0.078	1.254	0.052
Arginine.....g	0.311		0	A	1	0.047	0.747	0.031
Histidine.....g	0.232		0	A	1	0.035	0.556	0.023
Alanine.....g	0.243		0	A	1	0.036	0.583	0.024
Aspartic acid.....g	0.680		0	A	1	0.102	1.633	0.068
Glutamic acid.....g	1.725		0	A	1	0.259	4.140	0.173
Glycine.....g	0.187		0	A	1	0.028	0.449	0.019
Proline.....g	0.880		0	A	1	0.132	2.112	0.088
Serine.....g	0.495		0	A	1	0.074	1.188	0.049
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01227
Cheese, dry white, queso seco

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Menaquinone-4.....µg	5.9		2	A	1		5.7		
Lipids:									
Fatty acids, total saturated.....g	13.718		0	NC	4		13.306		
4:0.....g	0.507	0.023	6	A	1		0.492		
6:0.....g	0.399	0.017	6	A	1		0.387		
8:0.....g	0.253	0.008	6	A	1		0.245		
10:0.....g	0.585	0.020	6	A	1		0.568		
12:0.....g	0.662	0.023	6	A	1		0.642		
13:0.....g									
14:0.....g	2.179	0.078	6	A	1		2.114		
15:0.....g	0.228	0.009	6	A	1		0.221		
16:0.....g	6.095	0.154	6	A	1		5.912		
17:0.....g	0.143	0.005	6	A	1		0.138		
18:0.....g	2.593	0.051	6	A	1		2.515		
20:0.....g	0.038	0.001	6	A	1		0.037		
22:0.....g	0.013	0.000	6	A	1		0.013		
24:0.....g	0.009	0.000	6	A	1		0.008		
Fatty acids, total monounsaturated.....g	6.418		0	NC	4		6.225		
14:1.....g	0.167	0.010	6	A	1		0.162		
15:1.....g	0.003	0.000	6	A	1		0.002		
16:1 undifferentiated.....g	0.411	0.022	6	AS	1		0.399		
16:1 c.....g	0.336	0.019	6	A	1		0.326		
16:1 t.....g	0.075	0.003	6	A	1		0.073		
17:1.....g	0.046	0.002	6	A	1		0.044		
18:1 undifferentiated.....g	5.744	0.084	6	AS	1		5.572		
18:1 c.....g	5.109	0.077	6	A	1		4.956		
18:1 t.....g	0.635	0.023	6	A	1		0.616		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.041	0.001	6	A	1		0.040		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.002		
22:1 c.....g	0.003	0.000	6	A	1		0.002		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.003	0.000	6	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.244		0	NC	4		1.207		
18:2 undifferentiated.....g	1.006	0.031	6	AS	1		0.976		
18:2 n-6 c,c.....g	0.705	0.035	6	A	1		0.684		
18:2 CLAs.....g	0.134	0.007	6	A	1		0.130		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.167	0.005	6	A	1		0.162		
18:3 undifferentiated.....g	0.119	0.007	6	AS	1		0.115		
18:3 n-3 c,c,c (ALA).....g	0.110	0.007	6	A	1		0.106		
18:3 n-6 c,c,c.....g	0.009	0.000	6	A	1		0.009		
18:3i.....g									
18:4.....g	0.006	0.000	6	A	1		0.006		
20:2 n-6 c,c.....g	0.007	0.000	6	A	1		0.007		
20:3 undifferentiated.....g	0.030	0.001	6	AS	1		0.029		
20:3 n-3.....g	0.002	0.000	6	A	1		0.002		
20:3 n-6.....g	0.028	0.001	6	A	1		0.027		
20:4 undifferentiated.....g	0.037	0.001	6	A	1		0.036		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.009	0.000	6	A	1		0.009		
21:5.....g									
22:4.....g	0.009	0.000	6	A	1		0.008		
22:5 n-3 (DPA).....g	0.017	0.001	6	A	1		0.016		
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans.....g	0.877		0	NC	4		0.851		
Fatty acids, total trans-monoenoic.....g	0.710		0	NC	4		0.689		
Fatty acids, total trans-polyenoic.....g	0.167		0	NC	4		0.162		
Cholesterol.....mg	78	2.459	6	A	1		76		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01227
Cheese, dry white, queso seco

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 97g: 1 cup grated

Calories Factors: Protein Fat Carbohydrate **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01018
Cheese, edam

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.572		0		1		4.982	34.793	
4:0.....g	1.000		2		1		0.284	1.980	
6:0.....g	0.461		2		1		0.131	0.913	
8:0.....g	0.300	0.024	7		1		0.085	0.594	
10:0.....g	0.589	0.061	7		1		0.167	1.166	
12:0.....g	0.496	0.124	7		1		0.141	0.982	
13:0.....g									
14:0.....g	2.943	0.127	7		1		0.834	5.827	
15:0.....g									
16:0.....g	8.067	0.287	7		1		2.287	15.973	
17:0.....g									
18:0.....g	2.983	0.113	7		1		0.846	5.906	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.125		0		1		2.303	16.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.813	0.090	7		1		0.230	1.610	
17:1.....g									
18:1 undifferentiated.....g	6.911	0.298	7		1		1.959	13.684	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.665		0		1		0.189	1.317	
18:2 undifferentiated.....g	0.418	0.031	7		1		0.119	0.828	
18:3 undifferentiated.....g	0.247	0.029	7		1		0.070	0.489	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89	1.301	4		1		25	177	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		4		0.100	0.697	
Threonine.....g	0.932		0		1		0.264	1.845	
Isoleucine.....g	1.308		0		1		0.371	2.590	
Leucine.....g	2.570		0		1		0.729	5.089	
Lysine.....g	2.660		0		1		0.754	5.267	
Methionine.....g	0.721		0		1		0.204	1.428	
Cystine.....g	0.255		0		4		0.072	0.505	
Phenylalanine.....g	1.434		0		1		0.407	2.839	
Tyrosine.....g	1.457		0		1		0.413	2.885	
Valine.....g	1.810		0		1		0.513	3.584	
Arginine.....g	0.964		0		1		0.273	1.909	
Histidine.....g	1.034		0		1		0.293	2.047	
Alanine.....g	0.764		0		1		0.217	1.513	
Aspartic acid.....g	1.747		0		1		0.495	3.459	
Glutamic acid.....g	6.150		0		1		1.744	12.177	
Glycine.....g	0.486		0		1		0.138	0.962	
Proline.....g	3.251		0		1		0.922	6.437	
Serine.....g	1.547		0		1		0.439	3.063	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01018
Cheese, edam

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, feta

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Number of Data		Deriv Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error							
Proximates:									
Water.....g	55.22	1.126	23		1	82.83	15.65	9.39	
Energy.....kcal	264		0	NC	4	395	75	45	
Energy.....kJ	1103		0		4	1654	313	187	
Protein (N x 6.38).....g	14.21	0.515	9		1	21.32	4.03	2.42	
Total lipid (fat).....g	21.28	0.893	23		1	31.92	6.03	3.62	
Ash.....g	5.20		2		1	7.80	1.47	0.88	
Carbohydrate, by difference.....g	4.09		0	NC	4	6.14	1.16	0.70	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	4.09		0	NR	4	6.14	1.16	0.70	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	493	42.411	4		1	739	140	84	
Iron, Fe.....mg	0.65	0.148	4		1	0.98	0.18	0.11	
Magnesium, Mg.....mg	19	2.199	4		1	29	5	3	
Phosphorus, P.....mg	337	15.985	4		1	506	96	57	
Potassium, K.....mg	62	5.702	5		1	93	18	11	
Sodium, Na.....mg	917		0	NR	4	1376	260	156	
Zinc, Zn.....mg	2.88	0.202	4		1	4.32	0.82	0.49	
Copper, Cu.....mg	0.032		0		1	0.048	0.009	0.005	
Manganese, Mn.....mg	0.028		0		1	0.042	0.008	0.005	
Selenium, Se.....µg	15.0		2	A	1	22.5	4.3	2.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0	
Thiamin.....mg	0.154		0		4	0.231	0.044	0.026	
Riboflavin.....mg	0.844		0		4	1.266	0.239	0.143	
Niacin.....mg	0.991		0		4	1.487	0.281	0.168	
Pantothenic acid.....mg	0.967		0		4	1.451	0.274	0.164	
Vitamin B-6.....mg	0.424		0		4	0.636	0.120	0.072	
Folate, total.....µg	32		0		4	48	9	5	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	32		0		4	48	9	5	
Folate, DFE.....µg	32		0	NC	4	48	9	5	
Choline, total.....mg	15.4		0	T	4	23.1	4.4	2.6	
Betaine.....mg									
Vitamin B-12.....µg	1.69		0		4	2.54	0.48	0.29	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	125		0	NC	4	188	36	21	
Retinol.....µg	125		0	T	4	188	35	21	
Carotene, beta.....µg	3		0	NR	4	5	1	1	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	422		0	NC	4	632	120	72	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFFN	4	0.27	0.05	0.03	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1	0.6	0.1	0.1	
Vitamin D.....IU	16		0	BFFN	4	23	4	3	
Vitamin K (phylloquinone).....µg	1.8		0	BFFN	4	2.7	0.5	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	14.946		0		1		22.419 4.237 2.541
4:0.....g	0.775		1		1		1.163 0.220 0.132
6:0.....g	0.573		1		1		0.860 0.162 0.097
8:0.....g	0.546		1		1		0.819 0.155 0.093
10:0.....g	1.977		1		1		2.966 0.560 0.336
12:0.....g	1.159		1		1		1.739 0.329 0.197
13:0.....g							
14:0.....g	2.761		1		1		4.142 0.783 0.469
15:0.....g							
16:0.....g	5.151		1		1		7.727 1.460 0.876
17:0.....g							
18:0.....g	1.488		1		1		2.232 0.422 0.253
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.623		0		1		6.935 1.311 0.786
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.385		1		1		0.578 0.109 0.065
17:1.....g							
18:1 undifferentiated.....g	3.975		1		1		5.963 1.127 0.676
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.591		0		1		0.887 0.168 0.100
18:2 undifferentiated.....g	0.326		1		1		0.489 0.092 0.055
18:3 undifferentiated.....g	0.265		1		1		0.398 0.075 0.045
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000 0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000 0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	89		1		1		134 25 15
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.200		0		4		0.300 0.057 0.034
Threonine.....g	0.637		0		4		0.956 0.181 0.108
Isoleucine.....g	0.803		0		4		1.205 0.228 0.137
Leucine.....g	1.395		0		4		2.093 0.395 0.237
Lysine.....g	1.219		0		4		1.829 0.346 0.207
Methionine.....g	0.368		0		4		0.552 0.104 0.063
Cystine.....g	0.083		0		4		0.125 0.024 0.014
Phenylalanine.....g	0.675		0		4		1.013 0.191 0.115
Tyrosine.....g	0.668		0		4		1.002 0.189 0.114
Valine.....g	1.065		0		4		1.598 0.302 0.181
Arginine.....g	0.470		0		4		0.705 0.133 0.080
Histidine.....g	0.397		0		4		0.596 0.113 0.067
Alanine.....g	0.639		0		4		0.959 0.181 0.109
Aspartic acid.....g	0.779		0		4		1.169 0.221 0.132
Glutamic acid.....g	2.421		0		4		3.632 0.686 0.412
Glycine.....g	0.097		0		4		0.146 0.027 0.016
Proline.....g	1.378		0		4		2.067 0.391 0.234
Serine.....g	1.169		0		4		1.754 0.331 0.199
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 150g: 1 cup, crumbled
Measure 2 = 28.35g: 1 oz
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01020
Cheese, fontina

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.92		17		1		50.05	40.95	10.75
Energy.....kcal	389		0	NC	4		514	420	110
Energy.....kJ	1628		0	NC	4		2149	1758	461
Protein (N x 6.38).....g	25.60		16		1		33.79	27.65	7.26
Total lipid (fat).....g	31.14		17		1		41.10	33.63	8.83
Ash.....g	3.79		17		1		5.00	4.09	1.07
Carbohydrate, by difference.....g	1.55		0	NC	4		2.05	1.67	0.44
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	1.55		0	NR	4		2.05	1.67	0.44
Starch.....g									
Minerals:									
Calcium, Ca.....mg	550		1		1		726	594	156
Iron, Fe.....mg	0.23		1		1		0.30	0.25	0.07
Magnesium, Mg.....mg	14		1		1		18	15	4
Phosphorus, P.....mg	346		0		4		457	374	98
Potassium, K.....mg	64		0		4		84	69	18
Sodium, Na.....mg	800		0		4		1056	864	227
Zinc, Zn.....mg	3.50		1		1		4.62	3.78	0.99
Copper, Cu.....mg	0.025		0		1		0.033	0.027	0.007
Manganese, Mn.....mg	0.014		0		1		0.018	0.015	0.004
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	15.7	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.021		1		1		0.028	0.023	0.006
Riboflavin.....mg	0.204		1		1		0.269	0.220	0.058
Niacin.....mg	0.150		1		1		0.198	0.162	0.043
Pantothenic acid.....mg	0.429		0		4		0.566	0.463	0.122
Vitamin B-6.....mg	0.083		0		4		0.110	0.090	0.024
Folate, total.....µg	6		0		4		8	6	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	6		0		4		8	6	2
Folate, DFE.....µg	6		0	NC	4		8	6	2
Choline, total.....mg	15.4		0	T	4		20.3	16.6	4.4
Betaine.....mg									
Vitamin B-12.....µg	1.68		0		4		2.21	1.81	0.48
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	261		0	NC	4		344	282	74
Retinol.....µg	258		0	T	4		341	279	73
Carotene, beta.....µg	32		0	NR	4		42	35	9
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	913		0	NC	4		1206	986	259
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFFN	4		0.35	0.29	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.8	0.6	0.2
Vitamin D.....IU	23		0	BFFN	4		30	25	6
Vitamin K (phylloquinone).....µg	2.6		0	BFFN	4		3.4	2.8	0.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01020
Cheese, fontina

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<u>Lipids:</u>									
Fatty acids, total saturated.....g	19.196		0		1		25.339	20.732	5.442
4:0.....g	0.715		2		1		0.944	0.772	0.203
6:0.....g	0.489		2		1		0.645	0.528	0.139
8:0.....g	0.314		2		1		0.414	0.339	0.089
10:0.....g	0.651		2		1		0.859	0.703	0.185
12:0.....g	0.804		2		1		1.061	0.868	0.228
13:0.....g									
14:0.....g	2.964		2		1		3.912	3.201	0.840
15:0.....g									
16:0.....g	8.458		2		1		11.165	9.135	2.398
17:0.....g									
18:0.....g	2.655		2		1		3.505	2.867	0.753
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.687		0		1		11.467	9.382	2.463
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		2		1		1.175	0.961	0.252
17:1.....g									
18:1 undifferentiated.....g	7.100		2		1		9.372	7.668	2.013
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.654		0		1		2.183	1.786	0.469
18:2 undifferentiated.....g	0.864		2		1		1.140	0.933	0.245
18:3 undifferentiated.....g	0.790		2		1		1.043	0.853	0.224
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	116		1		1		153	125	33
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.361		0		4		0.477	0.390	0.102
Threonine.....g	0.935		0		4		1.234	1.010	0.265
Isoleucine.....g	1.384		0		4		1.827	1.495	0.392
Leucine.....g	2.664		0		4		3.516	2.877	0.755
Lysine.....g	2.328		0		4		3.073	2.514	0.660
Methionine.....g	0.706		0		4		0.932	0.762	0.200
Cystine.....g	0.261		0		4		0.345	0.282	0.074
Phenylalanine.....g	1.497		0		4		1.976	1.617	0.424
Tyrosine.....g	1.524		0		4		2.012	1.646	0.432
Valine.....g	1.926		0		4		2.542	2.080	0.546
Arginine.....g	0.835		0		4		1.102	0.902	0.237
Histidine.....g	0.959		0		4		1.266	1.036	0.272
Alanine.....g	0.823		0		4		1.086	0.889	0.233
Aspartic acid.....g	1.413		0		4		1.865	1.526	0.401
Glutamic acid.....g	5.136		0		4		6.780	5.547	1.456
Glycine.....g	0.457		0		4		0.603	0.494	0.130
Proline.....g	3.323		0		4		4.386	3.589	0.942
Serine.....g	1.477		0		4		1.950	1.595	0.419
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 108g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate**3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01228
Cheese, fresh, queso fresco

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.42	0.896	6	A	1		62.74		
Energy.....kcal	299		0	NC	4		364		
Energy.....kJ	1250		0	NC	4		1525		
Protein.....g	18.09	0.213	6	A	1		22.07		
Total lipid (fat).....g	23.82	0.978	6	A	1		29.06		
Ash.....g	3.68	0.175	6	A	1		4.49		
Carbohydrate, by difference.....g	2.98		0	NC	4		3.64		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	2.32	0.062	6	A	1		2.84		
Sucrose.....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00		
Fructose.....g	0.00	0.000	6	A	1		0.00		
Lactose.....g	2.32	0.062	6	A	1		2.84		
Maltose.....g	0.00	0.000	6	A	1		0.00		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	566	11.035	6	A	1		690		
Iron, Fe.....mg	0.20	0.010	6	A	1		0.24		
Magnesium, Mg.....mg	24	0.460	6	A	1		30		
Phosphorus, P.....mg	385	6.667	6	A	1		469		
Potassium, K.....mg	129	3.212	6	A	1		157		
Sodium, Na.....mg	751	62.925	6	A	1		916		
Zinc, Zn.....mg	2.58	0.082	6	A	1		3.15		
Copper, Cu.....mg	0.033	0.011	6	A	1		0.040		
Manganese, Mn.....mg	0.014	0.002	6	A	1		0.017		
Selenium, Se.....µg	19.3		2	A	1		23.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.042	0.002	6	A	1		0.051		
Riboflavin.....mg	0.173	0.011	6	A	1		0.211		
Niacin.....mg	0.027	0.004	6	A	1		0.033		
Pantothenic acid.....mg	0.358	0.007	6	A	1		0.437		
Vitamin B-6.....mg	0.076	0.002	6	A	1		0.092		
Folate, total.....µg	7		0	BFZN	4		9		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	7		0	BFZN	4		9		
Folate, DFE.....µg	7		0	NC	4		9		
Choline, total.....mg	12.5		0	AS	1		15.2		
Betaine.....mg	3.3		1	A	1		4.0		
Vitamin B-12.....µg	1.68	0.079	6	A	1		2.05		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	224		0	AS	1		273		
Retinol.....µg	221		2	A	1		269		
Carotene, beta.....µg	41		2	A	1		50		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	2		2	A	1		3		
Vitamin A, IU.....IU	806		0	AS	1		983		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	3		2	A	1		4		
Vitamin E (alpha-tocopherol).....mg	0.37	0.031	6	A	1		0.45		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.04	0.001	6	A	1		0.04		
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.03	0.016	6	A	1		0.04		
Tocotrienol, beta.....mg	0.00	0.001	6	A	1		0.00		

NDB No. 01228
Cheese, fresh, queso fresco

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.04	0.027	6	A	1		0.05		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	2.7		0	AS	1		3.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	2.7		1	A	1		3.3		
Vitamin D.....IU	110		1	A	1		134		
Vitamin K (phylloquinone).....µg	1.0		2	A	1		1.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	3.6		2	A	1		4.4		
Lipids:									
Fatty acids, total saturated.....g	12.940		0	NC	4		15.787		
4:0.....g	0.486	0.017	6	A	1		0.592		
6:0.....g	0.387	0.018	6	A	1		0.472		
8:0.....g	0.244	0.012	6	A	1		0.298		
10:0.....g	0.569	0.030	6	A	1		0.695		
12:0.....g	0.651	0.037	6	A	1		0.794		
13:0.....g									
14:0.....g	2.127	0.107	6	A	1		2.595		
15:0.....g	0.222	0.012	6	A	1		0.271		
16:0.....g	5.646	0.236	6	A	1		6.888		
17:0.....g	0.136	0.006	6	A	1		0.165		
18:0.....g	2.405	0.097	6	A	1		2.935		
20:0.....g	0.033	0.001	6	A	1		0.041		
22:0.....g	0.012	0.001	6	A	1		0.015		
24:0.....g	0.008	0.000	6	A	1		0.010		
Fatty acids, total monounsaturated.....g	5.966		0	NC	4		7.279		
14:1.....g	0.169	0.012	6	A	1		0.206		
15:1.....g	0.003	0.000	6	A	1		0.003		
16:1 undifferentiated.....g	0.408	0.024	6	AS	1		0.498		
16:1 c.....g	0.335	0.021	6	A	1		0.408		
16:1 t.....g	0.073	0.004	6	A	1		0.089		
17:1.....g	0.044	0.002	6	A	1		0.054		
18:1 undifferentiated.....g	5.298	0.271	6	AS	1		6.463		
18:1 c.....g	4.697	0.242	6	A	1		5.730		
18:1 t.....g	0.601	0.029	6	A	1		0.733		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.038	0.001	6	A	1		0.047		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.003		
22:1 c.....g	0.003	0.000	6	A	1		0.003		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.003	0.000	6	A	1		0.004		
Fatty acids, total polyunsaturated.....g	1.106		0	NC	4		1.350		
18:2 undifferentiated.....g	0.887	0.031	6	AS	1		1.082		
18:2 n-6 c,c.....g	0.591	0.022	6	A	1		0.722		
18:2 CLAs.....g	0.135	0.008	6	A	1		0.165		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.160	0.007	6	A	1		0.196		
18:3 undifferentiated.....g	0.108	0.005	6	AS	1		0.132		
18:3 n-3 c,c,c (ALA).....g	0.099	0.005	6	A	1		0.121		
18:3 n-6 c,c,c.....g	0.009	0.000	6	A	1		0.011		
18:3i.....g									
18:4.....g	0.006	0.000	6	A	1		0.007		
20:2 n-6 c,c.....g	0.006	0.000	6	A	1		0.008		
20:3 undifferentiated.....g	0.027	0.001	6	AS	1		0.034		
20:3 n-3.....g	0.002	0.000	6	A	1		0.002		
20:3 n-6.....g	0.025	0.001	6	A	1		0.031		
20:4 undifferentiated.....g	0.035	0.002	6	A	1		0.043		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008	0.000	6	A	1		0.010		
21:5.....g									
22:4.....g	0.008	0.001	6	A	1		0.010		
22:5 n-3 (DPA).....g	0.015	0.001	6	A	1		0.019		

NDB No. 01228
Cheese, fresh, queso fresco

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.003	0.000	6	A	1		0.003		
Fatty acids, total trans.....g	0.834		0	NC	4		1.018		
Fatty acids, total trans-monoenoic.....g	0.674		0	NC	4		0.823		
Fatty acids, total trans-polyenoic.....g	0.160		0	NC	4		0.196		
Cholesterol.....mg	69	2.853	6	A	1		85		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 cup, crumbled

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total saturated.....g	19.160		0		1		5.432	43.493	
4:0.....g	0.957		1		1		0.271	2.172	
6:0.....g	0.566		1		1		0.160	1.285	
8:0.....g	0.330		1		1		0.094	0.749	
10:0.....g	0.576		1		1		0.163	1.308	
12:0.....g	0.831		1		1		0.236	1.886	
13:0.....g									
14:0.....g	3.270		1		1		0.927	7.423	
15:0.....g									
16:0.....g	8.662		1		1		2.456	19.663	
17:0.....g									
18:0.....g	3.477		1		1		0.986	7.893	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.879		0		1		2.234	17.885	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.534		1		1		0.151	1.212	
17:1.....g									
18:1 undifferentiated.....g	6.955		1		1		1.972	15.788	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.938		0		1		0.266	2.129	
18:2 undifferentiated.....g	0.508		1		1		0.144	1.153	
18:3 undifferentiated.....g	0.429		1		1		0.122	0.974	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		4		27	213	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0		1		0.038	0.306	
Threonine.....g	0.393		0		1		0.111	0.892	
Isoleucine.....g	0.519		0		1		0.147	1.178	
Leucine.....g	0.992		0		1		0.281	2.252	
Lysine.....g	0.814		0		1		0.231	1.848	
Methionine.....g	0.318		0		1		0.090	0.722	
Cystine.....g	0.057		0		1		0.016	0.129	
Phenylalanine.....g	0.540		0		1		0.153	1.226	
Tyrosine.....g	0.541		0		1		0.153	1.228	
Valine.....g	0.765		0		1		0.217	1.737	
Arginine.....g	0.330		0		1		0.094	0.749	
Histidine.....g	0.293		0		1		0.083	0.665	
Alanine.....g	0.325		0		1		0.092	0.738	
Aspartic acid.....g	0.709		0		1		0.201	1.609	
Glutamic acid.....g	1.987		0		1		0.563	4.510	
Glycine.....g	0.189		0		1		0.054	0.429	
Proline.....g	1.180		0		1		0.335	2.679	
Serine.....g	0.470		0		1		0.133	1.067	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01021
Cheese, gjetost

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	24.609		0		1		6.977		
4:0.....g	1.784		20		1		0.506		
6:0.....g	0.782		20		1		0.222		
8:0.....g	0.961		20		1		0.272		
10:0.....g	3.432		20		1		0.973		
12:0.....g	1.572		20		1		0.446		
13:0.....g									
14:0.....g	3.609		20		1		1.023		
15:0.....g									
16:0.....g	9.312		20		1		2.640		
17:0.....g									
18:0.....g	3.158		20		1		0.895		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.117		0		1		2.301		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.846		20		1		0.240		
17:1.....g									
18:1 undifferentiated.....g	7.272		20		1		2.062		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0		1		0.240		
18:2 undifferentiated.....g	0.845		20		1		0.240		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		30		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.321		0		1		0.091		
Threonine.....g	1.139		0		1		0.323		
Isoleucine.....g	1.263		0		1		0.358		
Leucine.....g	2.631		0		1		0.746		
Lysine.....g	2.191		0		1		0.621		
Methionine.....g	0.813		0		1		0.230		
Cystine.....g	0.139		0		1		0.039		
Phenylalanine.....g	1.215		0		1		0.344		
Tyrosine.....g	1.191		0		1		0.338		
Valine.....g	2.100		0		1		0.595		
Arginine.....g	0.904		0		1		0.256		
Histidine.....g	0.832		0		1		0.236		
Alanine.....g	0.526		0		1		0.149		
Aspartic acid.....g	1.517		0		1		0.430		
Glutamic acid.....g	5.688		0		1		1.613		
Glycine.....g	0.344		0		1		0.098		
Proline.....g	3.693		0		1		1.047		
Serine.....g	1.172		0		1		0.332		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	20.639		0		1		5.851		
4:0.....g	1.496		20		1		0.424		
6:0.....g	0.656		20		1		0.186		
8:0.....g	0.806		20		1		0.229		
10:0.....g	2.879		20		1		0.816		
12:0.....g	1.318		20		1		0.374		
13:0.....g									
14:0.....g	3.026		20		1		0.858		
15:0.....g									
16:0.....g	7.809		20		1		2.214		
17:0.....g									
18:0.....g	2.648		20		1		0.751		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.808		0		1		1.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.709		20		1		0.201		
17:1.....g									
18:1 undifferentiated.....g	6.099		20		1		1.729		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.709		0		1		0.201		
18:2 undifferentiated.....g	0.709		20		1		0.201		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	79	2.040	7		1		22		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.227		0		1		0.064		
Threonine.....g	0.805		0		1		0.228		
Isoleucine.....g	0.893		0		1		0.253		
Leucine.....g	1.861		0		1		0.528		
Lysine.....g	1.549		0		1		0.439		
Methionine.....g	0.575		0		1		0.163		
Cystine.....g	0.098		0		1		0.028		
Phenylalanine.....g	0.859		0		1		0.244		
Tyrosine.....g	0.842		0		1		0.239		
Valine.....g	1.485		0		1		0.421		
Arginine.....g	0.639		0		1		0.181		
Histidine.....g	0.589		0		1		0.167		
Alanine.....g	0.372		0		1		0.105		
Aspartic acid.....g	1.072		0		1		0.304		
Glutamic acid.....g	4.022		0		1		1.140		
Glycine.....g	0.244		0		1		0.069		
Proline.....g	2.612		0		1		0.741		
Serine.....g	0.829		0		1		0.235		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	14.575		0		1		4.132		
4:0.....g	1.057		20		1		0.300		
6:0.....g	0.463		20		1		0.131		
8:0.....g	0.569		20		1		0.161		
10:0.....g	2.033		20		1		0.576		
12:0.....g	0.931		20		1		0.264		
13:0.....g									
14:0.....g	2.137		20		1		0.606		
15:0.....g									
16:0.....g	5.515		20		1		1.564		
17:0.....g									
18:0.....g	1.870		20		1		0.530		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.807		0		1		1.363		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.501		20		1		0.142		
17:1.....g									
18:1 undifferentiated.....g	4.307		20		1		1.221		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.501		0		1		0.142		
18:2 undifferentiated.....g	0.501		20		1		0.142		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	46		1		1		13		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.195		0		1		0.055		
Threonine.....g	0.691		0		1		0.196		
Isoleucine.....g	0.766		0		1		0.217		
Leucine.....g	1.597		0		1		0.453		
Lysine.....g	1.330		0		1		0.377		
Methionine.....g	0.494		0		1		0.140		
Cystine.....g	0.084		0		1		0.024		
Phenylalanine.....g	0.737		0		1		0.209		
Tyrosine.....g	0.723		0		1		0.205		
Valine.....g	1.274		0		1		0.361		
Arginine.....g	0.549		0		1		0.156		
Histidine.....g	0.505		0		1		0.143		
Alanine.....g	0.319		0		1		0.090		
Aspartic acid.....g	0.920		0		1		0.261		
Glutamic acid.....g	3.452		0		1		0.979		
Glycine.....g	0.209		0		1		0.059		
Proline.....g	2.241		0		1		0.635		
Serine.....g	0.711		0		1		0.202		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	17.614		0		1		4.994	34.876	
4:0.....g	0.999		1		1		0.283	1.978	
6:0.....g	0.640		1		1		0.181	1.267	
8:0.....g	0.427		1		1		0.121	0.845	
10:0.....g	0.918		1		1		0.260	1.818	
12:0.....g	1.211		1		1		0.343	2.398	
13:0.....g									
14:0.....g	3.040		1		1		0.862	6.019	
15:0.....g									
16:0.....g	6.851		1		1		1.942	13.565	
17:0.....g									
18:0.....g	2.918		1		1		0.827	5.778	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.747		0		1		2.196	15.339	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.889		1		1		0.252	1.760	
17:1.....g									
18:1 undifferentiated.....g	6.388		1		1		1.811	12.648	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.657		0		1		0.186	1.301	
18:2 undifferentiated.....g	0.263		1		1		0.075	0.521	
18:3 undifferentiated.....g	0.394		1		1		0.112	0.780	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	114		1		1		32	226	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		4		0.100	0.697	
Threonine.....g	0.930		0		1		0.264	1.841	
Isoleucine.....g	1.306		0		1		0.370	2.586	
Leucine.....g	2.564		0		1		0.727	5.077	
Lysine.....g	2.654		0		1		0.752	5.255	
Methionine.....g	0.719		0		1		0.204	1.424	
Cystine.....g	0.254		0		4		0.072	0.503	
Phenylalanine.....g	1.431		0		1		0.406	2.833	
Tyrosine.....g	1.454		0		1		0.412	2.879	
Valine.....g	1.806		0		1		0.512	3.576	
Arginine.....g	0.962		0		1		0.273	1.905	
Histidine.....g	1.032		0		1		0.293	2.043	
Alanine.....g	0.762		0		1		0.216	1.509	
Aspartic acid.....g	1.743		0		1		0.494	3.451	
Glutamic acid.....g	6.137		0		1		1.740	12.151	
Glycine.....g	0.485		0		1		0.137	0.960	
Proline.....g	3.245		0		1		0.920	6.425	
Serine.....g	1.544		0		1		0.438	3.057	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01022
Cheese, gouda

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Number						measures of food		
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.19	0.598	12		1		9.41	9.29	4.98
Energy.....kcal	413		0	NC	4		117	116	62
Energy.....kJ	1728		0		4		490	484	259
Protein (N x 6.38).....g	29.81	0.292	7		1		8.45	8.35	4.47
Total lipid (fat).....g	32.34		5		1		9.17	9.06	4.85
Ash.....g	4.30		1		1		1.22	1.20	0.65
Carbohydrate, by difference.....g	0.36		0	NC	4		0.10	0.10	0.05
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.36		0	NR	4		0.10	0.10	0.05
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1011	48.952	3		1		287	283	152
Iron, Fe.....mg	0.17		0		4		0.05	0.05	0.03
Magnesium, Mg.....mg	36		0		4		10	10	5
Phosphorus, P.....mg	605	52.818	3		1		172	169	91
Potassium, K.....mg	81		1		1		23	23	12
Sodium, Na.....mg	714		0	NR	4		202	200	107
Zinc, Zn.....mg	3.90		0		4		1.11	1.09	0.59
Copper, Cu.....mg	0.032		0		1		0.009	0.009	0.005
Manganese, Mn.....mg	0.017		0		1		0.005	0.005	0.003
Selenium, Se.....µg	14.5		0	CAZN	4		4.1	4.1	2.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.060		2		1		0.017	0.017	0.009
Riboflavin.....mg	0.279	0.042	3		1		0.079	0.078	0.042
Niacin.....mg	0.106	0.013	10		1		0.030	0.030	0.016
Pantothenic acid.....mg	0.562	0.056	6		1		0.159	0.157	0.084
Vitamin B-6.....mg	0.081	0.002	46		1		0.023	0.023	0.012
Folate, total.....µg	10	1.218	51		1		3	3	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	10	1.218	51		1		3	3	2
Folate, DFE.....µg	10		0	NC	4		3	3	2
Choline, total.....mg	15.4		0	T	4		4.4	4.3	2.3
Betaine.....mg									
Vitamin B-12.....µg	1.60	0.559	12		1		0.45	0.45	0.24
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	271		0	NC	4		77	76	41
Retinol.....µg	268		0	T	4		76	75	40
Carotene, beta.....µg	33		0	NR	4		9	9	5
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	948		0	NC	4		269	266	142
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.28		0	BFFN	4		0.08	0.08	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.2	0.2	0.1
Vitamin D.....IU	24		0	BFFN	4		7	7	4
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		0.8	0.8	0.4
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01023
Cheese, gruyere

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	18.913		0		1		5.362	5.296	2.837
4:0.....g	1.049		1		1		0.297	0.294	0.157
6:0.....g	0.621		1		1		0.176	0.174	0.093
8:0.....g	0.355		1		1		0.101	0.099	0.053
10:0.....g	0.751		1		1		0.213	0.210	0.113
12:0.....g	0.911		1		1		0.258	0.255	0.137
13:0.....g									
14:0.....g	3.369		1		1		0.955	0.943	0.505
15:0.....g									
16:0.....g	8.753		1		1		2.481	2.451	1.313
17:0.....g									
18:0.....g	2.324		1		1		0.659	0.651	0.349
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.043		0		1		2.847	2.812	1.506
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.724		1		1		0.205	0.203	0.109
17:1.....g									
18:1 undifferentiated.....g	8.582		1		1		2.433	2.403	1.287
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.733		0		1		0.491	0.485	0.260
18:2 undifferentiated.....g	1.300		1		1		0.369	0.364	0.195
18:3 undifferentiated.....g	0.433		1		1		0.123	0.121	0.065
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	110		0		1		31	31	17
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.421		0		1		0.119	0.118	0.063
Threonine.....g	1.089		0		1		0.309	0.305	0.163
Isoleucine.....g	1.612		0		1		0.457	0.451	0.242
Leucine.....g	3.102		0		1		0.879	0.869	0.465
Lysine.....g	2.710		0		1		0.768	0.759	0.407
Methionine.....g	0.822		0		1		0.233	0.230	0.123
Cystine.....g	0.304		0		1		0.086	0.085	0.046
Phenylalanine.....g	1.743		0		1		0.494	0.488	0.261
Tyrosine.....g	1.776		0		1		0.503	0.497	0.266
Valine.....g	2.243		0		1		0.636	0.628	0.336
Arginine.....g	0.972		0		1		0.276	0.272	0.146
Histidine.....g	1.117		0		1		0.317	0.313	0.168
Alanine.....g	0.958		0		1		0.272	0.268	0.144
Aspartic acid.....g	1.645		0		1		0.466	0.461	0.247
Glutamic acid.....g	5.981		0		1		1.696	1.675	0.897
Glycine.....g	0.533		0		1		0.151	0.149	0.080
Proline.....g	3.869		0		1		1.097	1.083	0.580
Serine.....g	1.719		0		1		0.487	0.481	0.258
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 28g: 1 slice (1 oz)
Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
			Number	Deriv	Source	Confidence			
	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.42		26		1		64.88	13.73	8.72
Energy.....kcal	327		0	NC	4		438	93	59
Energy.....kJ	1368		0	NC	4		1834	388	246
Protein (N x 6.38).....g	20.05	0.487	4		1		26.87	5.68	3.61
Total lipid (fat).....g	27.25	0.313	6		1		36.52	7.73	4.91
Ash.....g	3.79	0.088	4		1		5.08	1.07	0.68
Carbohydrate, by difference.....g	0.49		0	NC	4		0.66	0.14	0.09
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.49		0	NR	4		0.66	0.14	0.09
Starch.....g									
Minerals:									
Calcium, Ca.....mg	497	100.812	3		1		666	141	89
Iron, Fe.....mg	0.13		1		1		0.17	0.04	0.02
Magnesium, Mg.....mg	21		1		1		28	6	4
Phosphorus, P.....mg	393		2		1		527	111	71
Potassium, K.....mg	128		1		1		172	36	23
Sodium, Na.....mg	800		1		1		1072	227	144
Zinc, Zn.....mg	2.10		1		1		2.81	0.60	0.38
Copper, Cu.....mg	0.021		0		1		0.028	0.006	0.004
Manganese, Mn.....mg	0.038		0		1		0.051	0.011	0.007
Selenium, Se.....µg	14.5		0	CAZN	4		19.4	4.1	2.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.080		1		1		0.107	0.023	0.014
Riboflavin.....mg	0.503	0.102	3		1		0.674	0.143	0.091
Niacin.....mg	0.158	0.016	12		1		0.212	0.045	0.028
Pantothenic acid.....mg	1.177	0.166	16		1		1.577	0.334	0.212
Vitamin B-6.....mg	0.086	0.007	23		1		0.115	0.024	0.015
Folate, total.....µg	58	5.300	25		1		77	16	10
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	58	5.300	25		1		77	16	10
Folate, DFE.....µg	58		0	NC	4		77	16	10
Choline, total.....mg	15.4		0	T	4		20.6	4.4	2.8
Betaine.....mg									
Vitamin B-12.....µg	1.04		1		1		1.39	0.29	0.19
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	340		0	NC	4		456	96	61
Retinol.....µg	339		0	T	4		454	96	61
Carotene, beta.....µg	15		0	NR	4		20	4	3
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1155		0	NC	4		1548	327	208
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.23		0	BFFN	4		0.31	0.07	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.7	0.1	0.1
Vitamin D.....IU	20		0	BFFN	4		27	6	4
Vitamin K (phylloquinone).....µg	2.3		0	BFFN	4		3.0	0.6	0.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01024
Cheese, limburger

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Lipids:									
Fatty acids, total saturated.....g	16.746		0		1		22.440	4.747	3.014
4:0.....g	0.803		1		1		1.076	0.228	0.145
6:0.....g	0.489		1		1		0.655	0.139	0.088
8:0.....g	0.275		1		1		0.369	0.078	0.050
10:0.....g	0.481		1		1		0.645	0.136	0.087
12:0.....g	0.870		1		1		1.166	0.247	0.157
13:0.....g									
14:0.....g	2.787		1		1		3.735	0.790	0.502
15:0.....g									
16:0.....g	7.401		1		1		9.917	2.098	1.332
17:0.....g									
18:0.....g	3.054		1		1		4.092	0.866	0.550
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.606		0		1		11.532	2.440	1.549
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.013		1		1		1.357	0.287	0.182
17:1.....g									
18:1 undifferentiated.....g	7.179		1		1		9.620	2.035	1.292
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.495		0		1		0.663	0.140	0.089
18:2 undifferentiated.....g	0.339		1		1		0.454	0.096	0.061
18:3 undifferentiated.....g	0.156		1		1		0.209	0.044	0.028
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		121	26	16
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.289		0		1		0.387	0.082	0.052
Threonine.....g	0.739		0		1		0.990	0.210	0.133
Isoleucine.....g	1.219		0		1		1.633	0.346	0.219
Leucine.....g	2.093		0		1		2.805	0.593	0.377
Lysine.....g	1.675		0		1		2.245	0.475	0.302
Methionine.....g	0.619		0		1		0.829	0.175	0.111
Cystine.....g	0.110		0		4		0.147	0.031	0.020
Phenylalanine.....g	1.116		0		1		1.495	0.316	0.201
Tyrosine.....g	1.197		0		1		1.604	0.339	0.215
Valine.....g	1.439		0		1		1.928	0.408	0.259
Arginine.....g	0.698		0		1		0.935	0.198	0.126
Histidine.....g	0.578		0		1		0.775	0.164	0.104
Alanine.....g	0.666		0		1		0.892	0.189	0.120
Aspartic acid.....g	1.477		0		1		1.979	0.419	0.266
Glutamic acid.....g	4.510		0		1		6.043	1.279	0.812
Glycine.....g	0.409		0		1		0.548	0.116	0.074
Proline.....g	2.439		0		1		3.268	0.691	0.439
Serine.....g	1.144		0		1		1.533	0.324	0.206
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 134g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01168
Cheese, low fat, cheddar or colby

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
									measures of food
Proximates:									
Water.....g	63.10		0		1	83.29	71.30	17.89	
Energy.....kcal	173		0	NC	4	228	195	49	
Energy.....kJ	724		0		4	955	818	205	
Protein (N x 6.38).....g	24.35	0.256	62		1	32.14	27.52	6.90	
Total lipid (fat).....g	7.00		0		1	9.24	7.91	1.98	
Ash.....g	3.64	0.111	95		1	4.80	4.11	1.03	
Carbohydrate, by difference.....g	1.91		0	NC	4	2.52	2.16	0.54	
Fiber, total dietary.....g	0.0		0		7	0.0	0.0	0.0	
Sugars, total.....g	0.52		0	BFFN	4	0.69	0.59	0.15	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	415		0		1	548	469	118	
Iron, Fe.....mg	0.42		0		1	0.55	0.47	0.12	
Magnesium, Mg.....mg	16		0		1	21	18	5	
Phosphorus, P.....mg	484	9.869	35		1	639	547	137	
Potassium, K.....mg	66		0		1	87	75	19	
Sodium, Na.....mg	873		0	NR	4	1152	986	247	
Zinc, Zn.....mg	1.82		0		1	2.40	2.06	0.52	
Copper, Cu.....mg	0.021		0		1	0.028	0.024	0.006	
Manganese, Mn.....mg	0.006		0		1	0.008	0.007	0.002	
Selenium, Se.....µg	14.5		0	CAZN	4	19.1	16.4	4.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0	
Thiamin.....mg	0.012		0		1	0.016	0.014	0.003	
Riboflavin.....mg	0.221		0		1	0.292	0.250	0.063	
Niacin.....mg	0.051		0		1	0.067	0.058	0.014	
Pantothenic acid.....mg	0.183		0		1	0.242	0.207	0.052	
Vitamin B-6.....mg	0.045		0		1	0.059	0.051	0.013	
Folate, total.....µg	11		0		1	15	12	3	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	11		0		1	15	12	3	
Folate, DFE.....µg	11		0	NC	4	15	12	3	
Choline, total.....mg	15.4		0	T	4	20.3	17.4	4.4	
Betaine.....mg									
Vitamin B-12.....µg	0.49		0		1	0.65	0.55	0.14	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	60		0	NC	4	80	68	17	
Retinol.....µg	60		0	T	4	79	68	17	
Carotene, beta.....µg	4		0	NR	4	5	5	1	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	207		0	NC	4	273	234	59	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFFN	4	0.08	0.07	0.02	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1	0.2	0.1	0.0	
Vitamin D.....IU	5		0	BFFN	4	7	6	1	
Vitamin K (phylloquinone).....µg	0.6		0	BFFN	4	0.8	0.7	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01168
Cheese, low fat, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.342		0		1		5.731	4.906	1.231
4:0.....g	0.222		0		1		0.293	0.251	0.063
6:0.....g	0.063		0		1		0.083	0.071	0.018
8:0.....g	0.072		0		1		0.095	0.081	0.020
10:0.....g	0.137		0		1		0.181	0.155	0.039
12:0.....g	0.101		0		1		0.133	0.114	0.029
13:0.....g									
14:0.....g	0.889		0		1		1.173	1.005	0.252
15:0.....g									
16:0.....g	1.984		0		1		2.619	2.242	0.562
17:0.....g									
18:0.....g	0.873		0		1		1.152	0.986	0.247
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.082		0		1		2.748	2.353	0.590
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.231		0		1		0.305	0.261	0.065
17:1.....g									
18:1 undifferentiated.....g	1.851		0		1		2.443	2.092	0.525
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0		1		0.293	0.251	0.063
18:2 undifferentiated.....g	0.156		0		1		0.206	0.176	0.044
18:3 undifferentiated.....g	0.067		0		1		0.088	0.076	0.019
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0		1		28	24	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.378	0.323	0.081
Threonine.....g	0.798		0		1		1.053	0.902	0.226
Isoleucine.....g	1.389		0		1		1.833	1.570	0.394
Leucine.....g	2.145		0		1		2.831	2.424	0.608
Lysine.....g	1.866		0		1		2.463	2.109	0.529
Methionine.....g	0.588		0		1		0.776	0.664	0.167
Cystine.....g	0.111		0		1		0.147	0.125	0.031
Phenylalanine.....g	1.179		0		1		1.556	1.332	0.334
Tyrosine.....g	1.080		0		1		1.426	1.220	0.306
Valine.....g	1.496		0		1		1.975	1.690	0.424
Arginine.....g	0.847		0		1		1.118	0.957	0.240
Histidine.....g	0.786		0		1		1.038	0.888	0.223
Alanine.....g	0.633		0		1		0.836	0.715	0.179
Aspartic acid.....g	1.439		0		1		1.899	1.626	0.408
Glutamic acid.....g	5.480		0		1		7.234	6.192	1.554
Glycine.....g	0.385		0		1		0.508	0.435	0.109
Proline.....g	2.526		0		1		3.334	2.854	0.716
Serine.....g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01168
Cheese, low fat, cheddar or colby

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, low-sodium, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Number		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error							Points
Proximates:									
Water.....g	38.98		0		4	51.45	44.05	11.05	
Energy.....kcal	398		0	NC	4	525	450	113	
Energy.....kJ	1666		0	NC	4	2199	1882	472	
Protein (N x 6.38).....g	24.35	0.256	62		1	32.14	27.52	6.90	
Total lipid (fat).....g	32.62	0.207	138		1	43.06	36.86	9.25	
Ash.....g	2.13		0		4	2.81	2.41	0.60	
Carbohydrate, by difference.....g	1.91		0	NC	4	2.52	2.16	0.54	
Fiber, total dietary.....g	0.0		0		7	0.0	0.0	0.0	
Sugars, total.....g	0.49		0	BFFN	4	0.65	0.56	0.14	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	703	9.478	49		1	928	794	199	
Iron, Fe.....mg	0.72	0.036	14		1	0.95	0.81	0.20	
Magnesium, Mg.....mg	27	0.873	37		1	36	31	8	
Phosphorus, P.....mg	484	9.869	35		1	639	547	137	
Potassium, K.....mg	112	8.332	76		1	148	127	32	
Sodium, Na.....mg	21		0		1	28	24	6	
Zinc, Zn.....mg	3.09	0.101	15		1	4.08	3.49	0.88	
Copper, Cu.....mg	0.036		0		1	0.048	0.041	0.010	
Manganese, Mn.....mg	0.011		0		1	0.015	0.012	0.003	
Selenium, Se.....µg	14.5		0	CAZN	4	19.1	16.4	4.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0	
Thiamin.....mg	0.021	0.002	26		1	0.028	0.024	0.006	
Riboflavin.....mg	0.375	0.013	38		1	0.495	0.424	0.106	
Niacin.....mg	0.086	0.012	61		1	0.114	0.097	0.024	
Pantothenic acid.....mg	0.311	0.019	39		1	0.411	0.351	0.088	
Vitamin B-6.....mg	0.076	0.012	88		1	0.100	0.086	0.022	
Folate, total.....µg	18	1.459	13		1	24	20	5	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	18	1.459	13		1	24	20	5	
Folate, DFE.....µg	18		0	NC	4	24	20	5	
Choline, total.....mg	15.4		0	T	4	20.3	17.4	4.4	
Betaine.....mg									
Vitamin B-12.....µg	0.83	0.047	28		1	1.10	0.94	0.24	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	264		0	NC	4	348	298	75	
Retinol.....µg	257		0	T	4	339	290	73	
Carotene, beta.....µg	84		0	BFFN	4	110	95	24	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	996		0	NC	4	1315	1126	282	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.28		0	BFFN	4	0.37	0.32	0.08	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1	0.8	0.7	0.2	
Vitamin D.....IU	24		0	BFFN	4	32	27	7	
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4	3.6	3.1	0.8	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01169
Cheese, low-sodium, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	20.768		0		1		27.414	23.468	5.888
4:0.....g	1.079		0		1		1.424	1.219	0.306
6:0.....g	0.546		0		1		0.721	0.617	0.155
8:0.....g	0.288		0		1		0.380	0.325	0.082
10:0.....g	0.619		0		1		0.817	0.699	0.175
12:0.....g	0.558		0		1		0.737	0.631	0.158
13:0.....g									
14:0.....g	3.435		0		1		4.534	3.882	0.974
15:0.....g									
16:0.....g	10.111		0		1		13.347	11.425	2.866
17:0.....g									
18:0.....g	4.133		0		1		5.456	4.670	1.172
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.189		0		1		12.129	10.384	2.605
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.036		0		1		1.368	1.171	0.294
17:1.....g									
18:1 undifferentiated.....g	8.153		0		1		10.762	9.213	2.311
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.972		0		1		1.283	1.098	0.276
18:2 undifferentiated.....g	0.595		0		1		0.785	0.672	0.169
18:3 undifferentiated.....g	0.376		0		1		0.496	0.425	0.107
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	100	1.687	13		1		132	113	28
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.378	0.323	0.081
Threonine.....g	0.798		0		1		1.053	0.902	0.226
Isoleucine.....g	1.389		0		1		1.833	1.570	0.394
Leucine.....g	2.145		0		1		2.831	2.424	0.608
Lysine.....g	1.866		0		1		2.463	2.109	0.529
Methionine.....g	0.588		0		1		0.776	0.664	0.167
Cystine.....g	0.111		0		1		0.147	0.125	0.031
Phenylalanine.....g	1.179		0		1		1.556	1.332	0.334
Tyrosine.....g	1.080		0		1		1.426	1.220	0.306
Valine.....g	1.496		0		1		1.975	1.690	0.424
Arginine.....g	0.847		0		1		1.118	0.957	0.240
Histidine.....g	0.786		0		1		1.038	0.888	0.223
Alanine.....g	0.633		0		1		0.836	0.715	0.179
Aspartic acid.....g	1.439		0		1		1.899	1.626	0.408
Glutamic acid.....g	5.480		0		1		7.234	6.192	1.554
Glycine.....g	0.385		0		1		0.508	0.435	0.109
Proline.....g	2.526		0		1		3.334	2.854	0.716
Serine.....g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01169
Cheese, low-sodium, cheddar or colby

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01165
Cheese, mexican, queso anejo

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code	Code		
Proximates:								
Water.....g	38.06		2		1		50.24	10.79
Energy.....kcal	373		0	NC	4		492	106
Energy.....kJ	1561		0	NC	4		2060	442
Protein (N x 6.38).....g	21.44		2		1		28.30	6.08
Total lipid (fat).....g	29.98		2		1		39.57	8.50
Ash.....g	5.89		2		1		7.77	1.67
Carbohydrate, by difference.....g	4.63		0	NC	4		6.11	1.31
Fiber, total dietary.....g	0.0		0		7		0.0	0.0
Sugars, total.....g	4.63		0	NR	4		6.11	1.31
Starch.....g								
Minerals:								
Calcium, Ca.....mg	680		2		1		898	193
Iron, Fe.....mg	0.47		2		1		0.62	0.13
Magnesium, Mg.....mg	28		2		1		37	8
Phosphorus, P.....mg	444		2		1		586	126
Potassium, K.....mg	87		2		1		115	25
Sodium, Na.....mg	1131	13.589	4		1		1493	321
Zinc, Zn.....mg	2.94		2		1		3.88	0.83
Copper, Cu.....mg	0.008		2		1		0.011	0.002
Manganese, Mn.....mg	0.037		2		1		0.049	0.010
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	4.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0
Thiamin.....mg	0.020		2		1		0.026	0.006
Riboflavin.....mg	0.209		2		1		0.276	0.059
Niacin.....mg	0.032		2		1		0.042	0.009
Pantothenic acid.....mg	0.252		2		1		0.333	0.071
Vitamin B-6.....mg	0.047		2		1		0.062	0.013
Folate, total.....µg	1		2		1		1	0
Folic acid.....µg	0		0	Z	7		0	0
Folate, food.....µg	1		2		1		1	0
Folate, DFE.....µg	1		0	NC	4		1	0
Choline, total.....mg	15.4		0	T	4		20.3	4.4
Betaine.....mg								
Vitamin B-12.....µg	1.38		2		1		1.82	0.39
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00
Vitamin A, RAE.....µg	64		0	NC	4		85	18
Retinol.....µg	64		0	T	4		84	18
Carotene, beta.....µg	4		0	NR	4		5	1
Carotene, alpha.....µg	0		0	Z	7		0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0
Vitamin A, IU.....IU	220		0	NC	4		290	62
Lycopene.....µg	0		0	Z	7		0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4		0.34	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.7	0.2
Vitamin D.....IU	22		0	BFFN	4		29	6
Vitamin K (phylloquinone).....µg	2.5		0	BFFN	4		3.3	0.7
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	19.033		0		1		25.124	5.396	
4:0.....g	0.907		0		1		1.197	0.257	
6:0.....g	0.474		0		1		0.626	0.134	
8:0.....g	0.256		0		1		0.338	0.073	
10:0.....g	0.557		0		1		0.735	0.158	
12:0.....g	0.508		0		1		0.671	0.144	
13:0.....g									
14:0.....g	3.153		0		1		4.162	0.894	
15:0.....g									
16:0.....g	9.340		0		1		12.329	2.648	
17:0.....g									
18:0.....g	3.838		0		1		5.066	1.088	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.528		0		1		11.257	2.418	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.957		0		1		1.263	0.271	
17:1.....g									
18:1 undifferentiated.....g	7.571		0		1		9.994	2.146	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.901		0		1		1.189	0.255	
18:2 undifferentiated.....g	0.552		0		1		0.729	0.156	
18:3 undifferentiated.....g	0.349		0		1		0.461	0.099	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		139	30	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.215		0		1		0.284	0.061	
Threonine.....g	0.731		0		1		0.965	0.207	
Isoleucine.....g	1.054		0		1		1.391	0.299	
Leucine.....g	2.017		0		1		2.662	0.572	
Lysine.....g	1.452		0		1		1.917	0.412	
Methionine.....g	0.541		0		1		0.714	0.153	
Cystine.....g	0.084		0		1		0.111	0.024	
Phenylalanine.....g	1.119		0		1		1.477	0.317	
Tyrosine.....g	1.190		0		1		1.571	0.337	
Valine.....g	1.338		0		1		1.766	0.379	
Arginine.....g	0.699		0		1		0.923	0.198	
Histidine.....g	0.679		0		1		0.896	0.192	
Alanine.....g	0.618		0		1		0.816	0.175	
Aspartic acid.....g	1.334		0		1		1.761	0.378	
Glutamic acid.....g	4.769		0		1		6.295	1.352	
Glycine.....g	0.296		0		1		0.391	0.084	
Proline.....g	2.151		0		1		2.839	0.610	
Serine.....g	1.160		0		1		1.531	0.329	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, crumbled
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

[illegible]

NDB No. 01166
Cheese, mexican, queso asadero

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	17.939		0		1		23.679	20.271	5.086
4:0.....g	0.855		0		1		1.129	0.966	0.242
6:0.....g	0.447		0		1		0.590	0.505	0.127
8:0.....g	0.241		0		1		0.318	0.272	0.068
10:0.....g	0.525		0		1		0.693	0.593	0.149
12:0.....g	0.479		0		1		0.632	0.541	0.136
13:0.....g									
14:0.....g	2.972		0		1		3.923	3.358	0.843
15:0.....g									
16:0.....g	8.804		0		1		11.621	9.949	2.496
17:0.....g									
18:0.....g	3.617		0		1		4.774	4.087	1.025
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.038		0		1		10.610	9.083	2.279
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.902		0		1		1.191	1.019	0.256
17:1.....g									
18:1 undifferentiated.....g	7.136		0		1		9.420	8.064	2.023
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		1.122	0.961	0.241
18:2 undifferentiated.....g	0.520		0		1		0.686	0.588	0.147
18:3 undifferentiated.....g	0.329		0		1		0.434	0.372	0.093
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		139	119	30
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0		1		0.355	0.304	0.076
Threonine.....g	0.737		0		1		0.973	0.833	0.209
Isoleucine.....g	1.225		0		1		1.617	1.384	0.347
Leucine.....g	2.123		0		1		2.802	2.399	0.602
Lysine.....g	1.548		0		1		2.043	1.749	0.439
Methionine.....g	0.593		0		1		0.783	0.670	0.168
Cystine.....g	0.103		0		1		0.136	0.116	0.029
Phenylalanine.....g	1.190		0		1		1.571	1.345	0.337
Tyrosine.....g	1.061		0		1		1.401	1.199	0.301
Valine.....g	1.426		0		1		1.882	1.611	0.404
Arginine.....g	0.760		0		1		1.003	0.859	0.215
Histidine.....g	0.694		0		1		0.916	0.784	0.197
Alanine.....g	0.501		0		1		0.661	0.566	0.142
Aspartic acid.....g	1.475		0		1		1.947	1.667	0.418
Glutamic acid.....g	5.072		0		1		6.695	5.731	1.438
Glycine.....g	0.246		0		1		0.325	0.278	0.070
Proline.....g	2.403		0		1		3.172	2.715	0.681
Serine.....g	1.169		0		1		1.543	1.321	0.331
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01166
Cheese, mexican, queso asadero

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code
Proximates:									
Water.....g	39.13		2		1	51.65	44.22	11.09	
Energy.....kcal	374		0	NC	4	494	423	106	
Energy.....kJ	1567		0	NC	4	2068	1770	444	
Protein (N x 6.38).....g	21.56		2		1	28.46	24.36	6.11	
Total lipid (fat).....g	29.68		2		1	39.18	33.54	8.41	
Ash.....g	4.06		2		1	5.36	4.59	1.15	
Carbohydrate, by difference.....g	5.56		0	NC	4	7.34	6.28	1.58	
Fiber, total dietary.....g	0.0		0		7	0.0	0.0	0.0	
Sugars, total.....g	5.56		0	NR	4	7.34	6.28	1.58	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	651		2		1	859	736	185	
Iron, Fe.....mg	0.47		2		1	0.62	0.53	0.13	
Magnesium, Mg.....mg	23		2		1	30	26	7	
Phosphorus, P.....mg	442		2		1	583	499	125	
Potassium, K.....mg	52		2		1	69	59	15	
Sodium, Na.....mg	617	6.112	4		1	814	697	175	
Zinc, Zn.....mg	3.50		2		1	4.62	3.96	0.99	
Copper, Cu.....mg	0.024		1		1	0.032	0.027	0.007	
Manganese, Mn.....mg	0.071		2		1	0.094	0.080	0.020	
Selenium, Se.....µg	14.5		0	CAZN	4	19.1	16.4	4.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0	
Thiamin.....mg	0.018		2		1	0.024	0.020	0.005	
Riboflavin.....mg	0.225		2		1	0.297	0.254	0.064	
Niacin.....mg	0.150		2		1	0.198	0.170	0.043	
Pantothenic acid.....mg	0.279		2		1	0.368	0.315	0.079	
Vitamin B-6.....mg	0.055		2		1	0.073	0.062	0.016	
Folate, total.....µg	2		2		1	3	2	1	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	2		2		1	3	2	1	
Folate, DFE.....µg	2		0	NC	4	3	2	1	
Choline, total.....mg	15.4		0	T	4	20.3	17.4	4.4	
Betaine.....mg									
Vitamin B-12.....µg	1.03		2		1	1.36	1.16	0.29	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	56		0	NC	4	74	64	16	
Retinol.....µg	56		0	T	4	74	63	16	
Carotene, beta.....µg	4		0	NR	4	5	5	1	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	193		0	NC	4	255	218	55	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4	0.34	0.29	0.07	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1	0.7	0.6	0.2	
Vitamin D.....IU	22		0	BFFN	4	29	25	6	
Vitamin K (phylloquinone).....µg	2.5		0	BFFN	4	3.3	2.8	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01167
Cheese, mexican, queso chihuahua

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	18.843		0		1		24.873	21.293	5.342
4:0.....g	0.898		0		1		1.185	1.015	0.255
6:0.....g	0.470		0		1		0.620	0.531	0.133
8:0.....g	0.253		0		1		0.334	0.286	0.072
10:0.....g	0.552		0		1		0.729	0.624	0.156
12:0.....g	0.503		0		1		0.664	0.568	0.143
13:0.....g									
14:0.....g	3.121		0		1		4.120	3.527	0.885
15:0.....g									
16:0.....g	9.247		0		1		12.206	10.449	2.622
17:0.....g									
18:0.....g	3.800		0		1		5.016	4.294	1.077
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.443		0		1		11.145	9.541	2.394
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.947		0		1		1.250	1.070	0.268
17:1.....g									
18:1 undifferentiated.....g	7.496		0		1		9.895	8.470	2.125
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.892		0		1		1.177	1.008	0.253
18:2 undifferentiated.....g	0.547		0		1		0.722	0.618	0.155
18:3 undifferentiated.....g	0.346		0		1		0.457	0.391	0.098
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		139	119	30
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.198		0		1		0.261	0.224	0.056
Threonine.....g	0.818		0		1		1.080	0.924	0.232
Isoleucine.....g	1.076		0		1		1.420	1.216	0.305
Leucine.....g	2.017		0		1		2.662	2.279	0.572
Lysine.....g	1.536		0		1		2.028	1.736	0.435
Methionine.....g	0.608		0		1		0.803	0.687	0.172
Cystine.....g	0.144		0		1		0.190	0.163	0.041
Phenylalanine.....g	1.037		0		1		1.369	1.172	0.294
Tyrosine.....g	1.019		0		1		1.345	1.151	0.289
Valine.....g	1.266		0		1		1.671	1.431	0.359
Arginine.....g	0.777		0		1		1.026	0.878	0.220
Histidine.....g	0.598		0		1		0.789	0.676	0.170
Alanine.....g	0.821		0		1		1.084	0.928	0.233
Aspartic acid.....g	1.397		0		1		1.844	1.579	0.396
Glutamic acid.....g	4.503		0		1		5.944	5.088	1.277
Glycine.....g	0.384		0		1		0.507	0.434	0.109
Proline.....g	2.249		0		1		2.969	2.541	0.638
Serine.....g	1.115		0		1		1.472	1.260	0.316
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01167
Cheese, mexican, queso chihuahua

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01267
Cheese, mexican, queso cotija

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	17.500		0	NC	4		0.875		
4:0.....g	1.583		0	BFFN	4		0.079		
6:0.....g	0.592		0	BFFN	4		0.030		
8:0.....g	0.055		0	BFFN	4		0.003		
10:0.....g	0.544		0	BFFN	4		0.027		
12:0.....g	0.825		0	BFFN	4		0.041		
13:0.....g									
14:0.....g	2.745		0	BFFN	4		0.137		
15:0.....g									
16:0.....g	7.747		0	BFFN	4		0.387		
17:0.....g									
18:0.....g	3.409		0	BFFN	4		0.170		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.333		0	NC	4		0.417		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.521		0	BFFN	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	7.627		0	BFFN	4		0.381		
20:1.....g	0.185		0	BFFN	4		0.009		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.187		0	NC	4		0.059		
18:2 undifferentiated.....g	0.989		0	BFFN	4		0.049		
18:3 undifferentiated.....g	0.199		0	BFFN	4		0.010		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0		8		0.000		
Cholesterol.....mg	100		0		8		5		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g; 2 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code Confidence			
Proximates:								
Water.....g	41.01	0.765	10		1	54.13	46.34	11.63
Energy.....kcal	373		0	NC	4	493	422	106
Energy.....kJ	1562		0	NC	4	2062	1765	443
Protein (N x 6.38).....g	24.48	0.559	4		1	32.31	27.66	6.94
Total lipid (fat).....g	30.28	0.361	10		1	39.97	34.22	8.58
Ash.....g	3.55	0.102	4		1	4.69	4.01	1.01
Carbohydrate, by difference.....g	0.68		0	NC	4	0.90	0.77	0.19
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0
Sugars, total.....g	0.50		0	BFFN	4	0.66	0.56	0.14
Starch.....g								
Minerals:								
Calcium, Ca.....mg	746	21.376	6		1	985	843	212
Iron, Fe.....mg	0.72	0.102	4		1	0.95	0.81	0.20
Magnesium, Mg.....mg	27	1.914	4		1	36	31	8
Phosphorus, P.....mg	444	9.206	4		1	586	502	126
Potassium, K.....mg	81	11.148	4		1	107	91	23
Sodium, Na.....mg	600		0	O	4	792	678	170
Zinc, Zn.....mg	3.00	0.071	4		1	3.96	3.39	0.85
Copper, Cu.....mg	0.032		0		1	0.042	0.036	0.009
Manganese, Mn.....mg	0.011		0		1	0.015	0.012	0.003
Selenium, Se.....µg	14.5		0	CAZN	4	19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0
Thiamin.....mg	0.015		0		4	0.020	0.017	0.004
Riboflavin.....mg	0.390		2		1	0.515	0.441	0.111
Niacin.....mg	0.093		0		4	0.123	0.105	0.026
Pantothenic acid.....mg	0.210		0		4	0.277	0.237	0.060
Vitamin B-6.....mg	0.079		0		4	0.104	0.089	0.022
Folate, total.....µg	18		0		4	24	21	5
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	18		0		4	24	21	5
Folate, DFE.....µg	18		0	NC	4	24	21	5
Choline, total.....mg	15.4		0	T	4	20.3	17.4	4.4
Betaine.....mg								
Vitamin B-12.....µg	0.83		0		4	1.09	0.93	0.23
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	198		0	NC	4	262	224	56
Retinol.....µg	192		0	T	4	253	217	54
Carotene, beta.....µg	78		0	BFFN	4	103	88	22
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	769		0	NC	4	1016	869	218
Lycopene.....µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4	0.34	0.29	0.07
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.6		0	AS	1	0.7	0.6	0.2
Vitamin D.....IU	22		0	BFFN	4	29	25	6
Vitamin K (phylloquinone).....µg	2.5		0	BFFN	4	3.3	2.9	0.7
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01025
Cheese, monterey

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Lipids:									
Fatty acids, total saturated.....g	19.066		0		4		25.167	21.545	5.405
4:0.....g	0.982		0		4		1.296	1.110	0.278
6:0.....g	0.244		0		4		0.322	0.276	0.069
8:0.....g	0.306		0		4		0.404	0.346	0.087
10:0.....g	0.563		0		4		0.743	0.636	0.160
12:0.....g	0.398		0		4		0.525	0.450	0.113
13:0.....g									
14:0.....g	3.613		0		4		4.769	4.083	1.024
15:0.....g									
16:0.....g	7.763		0		4		10.247	8.772	2.201
17:0.....g									
18:0.....g	3.423		0		4		4.518	3.868	0.970
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.751		0		4		11.551	9.889	2.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.923		0		4		1.218	1.043	0.262
17:1.....g									
18:1 undifferentiated.....g	7.368		0		4		9.726	8.326	2.089
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.899		0		4		1.187	1.016	0.255
18:2 undifferentiated.....g	0.637		0		4		0.841	0.720	0.181
18:3 undifferentiated.....g	0.261		0		4		0.345	0.295	0.074
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		4		117	101	25
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.315		0		1		0.416	0.356	0.089
Threonine.....g	0.871		0		1		1.150	0.984	0.247
Isoleucine.....g	1.519		0		1		2.005	1.716	0.431
Leucine.....g	2.344		0		1		3.094	2.649	0.665
Lysine.....g	2.037		0		1		2.689	2.302	0.577
Methionine.....g	0.641		0		1		0.846	0.724	0.182
Cystine.....g	0.123		0		1		0.162	0.139	0.035
Phenylalanine.....g	1.289		0		1		1.701	1.457	0.365
Tyrosine.....g	1.182		0		1		1.560	1.336	0.335
Valine.....g	1.635		0		1		2.158	1.848	0.464
Arginine.....g	0.925		0		1		1.221	1.045	0.262
Histidine.....g	0.859		0		1		1.134	0.971	0.244
Alanine.....g	0.691		0		1		0.912	0.781	0.196
Aspartic acid.....g	1.573		0		1		2.076	1.777	0.446
Glutamic acid.....g	5.990		0		1		7.907	6.769	1.698
Glycine.....g	0.422		0		1		0.557	0.477	0.120
Proline.....g	2.759		0		1		3.642	3.118	0.782
Serine.....g	1.431		0		1		1.889	1.617	0.406
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01025
Cheese, monterey

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42155
Cheese, monterey, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Number					measures of food			
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.00		0		4		60.72	51.98	7.82
Energy.....kcal	313		0		8		413	354	53
Energy.....kJ	1310		0		8		1729	1480	223
Protein.....g	28.20		0		8		37.22	31.87	4.79
Total lipid (fat).....g	21.60		0		8		28.51	24.41	3.67
Ash.....g	3.50		0	NR	4		4.62	3.96	0.60
Carbohydrate, by difference.....g	0.70		0		4		0.92	0.79	0.12
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.56		0	BFNN	4		0.74	0.64	0.10
Starch.....g									
Minerals:									
Calcium, Ca.....mg	705		0		8		931	797	120
Iron, Fe.....mg	0.72		0		4		0.95	0.81	0.12
Magnesium, Mg.....mg	27		0		4		36	31	5
Phosphorus, P.....mg	444		0		4		586	502	75
Potassium, K.....mg	81		0		4		107	92	14
Sodium, Na.....mg	781		0	NR	4		1031	883	133
Zinc, Zn.....mg	3.00		0		4		3.96	3.39	0.51
Copper, Cu.....mg	0.032		0		4		0.042	0.036	0.005
Manganese, Mn.....mg									
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	16.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.020		0		4		0.026	0.023	0.003
Riboflavin.....mg	0.360		0		8		0.475	0.407	0.061
Niacin.....mg	0.090		0		4		0.119	0.102	0.015
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0		4		0.106	0.090	0.014
Folate, total.....µg	18		0		4		24	20	3
Folic acid.....µg	0		0	BFNN	4		0	0	0
Folate, food.....µg	18		0		4		24	20	3
Folate, DFE.....µg	18		0	NC	4		24	20	3
Choline, total.....mg	15.4		0	T	4		20.3	17.4	2.6
Betaine.....mg									
Vitamin B-12.....µg	0.83		0		4		1.10	0.94	0.14
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	142		0	NC	4		187	160	24
Retinol.....µg	137		0	BFFN	4		181	155	23
Carotene, beta.....µg	55		0	BFFN	4		73	63	9
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	549		0	NC	4		725	620	93
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFFN	4		0.25	0.21	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.5	0.4	0.1
Vitamin D.....IU	16		0	BFFN	4		21	18	3
Vitamin K (phylloquinone).....µg	1.8		0	BFFN	4		2.4	2.0	0.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42155
Cheese, monterey, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	14.040		0		8		18.533	15.865	2.387
4:0.....g	1.080		0		4		1.426	1.220	0.184
6:0.....g	0.120		0		4		0.158	0.136	0.020
8:0.....g	0.240		0		4		0.317	0.271	0.041
10:0.....g	0.480		0		4		0.634	0.542	0.082
12:0.....g	0.360		0		4		0.475	0.407	0.061
13:0.....g									
14:0.....g	2.040		0		4		2.693	2.305	0.347
15:0.....g									
16:0.....g	6.360		0		4		8.395	7.187	1.081
17:0.....g									
18:0.....g	2.280		0		4		3.010	2.576	0.388
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.640		0		8		7.445	6.373	0.959
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0		4		1.109	0.949	0.143
17:1.....g									
18:1 undifferentiated.....g	4.560		0		4		6.019	5.153	0.775
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		8		1.109	0.949	0.143
18:2 undifferentiated.....g	0.600		0		4		0.792	0.678	0.102
18:3 undifferentiated.....g	0.240		0		4		0.317	0.271	0.041
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		8		86	73	11
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01029
Cheese, mozzarella, low moisture, part-skim

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.07	0.200	35	A	1		62.13	53.18	13.34
Energy.....kcal	295		0	NC	4		390	334	84
Energy.....kJ	1236		0	NC	4		1632	1397	350
Protein.....g	23.75	0.182	35	A	1		31.35	26.84	6.73
Total lipid (fat).....g	19.78	0.166	35	A	1		26.11	22.35	5.61
Ash.....g	3.83	0.045	35	A	1		5.05	4.32	1.08
Carbohydrate, by difference.....g	5.58		0	NC	4		7.36	6.30	1.58
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	1.90		0	AS	1		2.51	2.15	0.54
Sucrose.....g	0.00		3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	0.00
Fructose.....g	0.00		3	A	1		0.00	0.00	0.00
Lactose.....g	1.12		3	A	1		1.48	1.27	0.32
Maltose.....g	0.00		3	A	1		0.00	0.00	0.00
Galactose.....g	0.78		3	A	1		1.03	0.88	0.22
Starch.....g									
Minerals:									
Calcium, Ca.....mg	697	8.335	35	A	1		921	788	198
Iron, Fe.....mg	0.22	0.014	35	A	1		0.29	0.25	0.06
Magnesium, Mg.....mg	27	0.511	35	A	1		36	31	8
Phosphorus, P.....mg	548	6.197	35	A	1		723	619	155
Potassium, K.....mg	188	3.254	35	A	1		248	212	53
Sodium, Na.....mg	666	11.558	35	A	1		879	753	189
Zinc, Zn.....mg	3.62	0.038	35	A	1		4.78	4.09	1.03
Copper, Cu.....mg	0.033	0.001	35	A	1		0.043	0.037	0.009
Manganese, Mn.....mg	0.039	0.002	35	A	1		0.051	0.044	0.011
Selenium, Se.....µg	27.6	0.572	16	A	1		36.4	31.2	7.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.024	0.001	19	A	1		0.032	0.027	0.007
Riboflavin.....mg	0.353	0.018	19	A	1		0.466	0.399	0.100
Niacin.....mg	0.111	0.018	19	A	1		0.147	0.126	0.032
Pantothenic acid.....mg	0.429	0.010	11	A	1		0.567	0.485	0.122
Vitamin B-6.....mg	0.100	0.001	19	A	1		0.132	0.113	0.028
Folate, total.....µg	27	1.711	4	A	1		35	30	8
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	27	1.711	4	A	1		35	30	8
Folate, DFE.....µg	27		0	NC	4		35	30	8
Choline, total.....mg	14.2		0	AS	1		18.8	16.1	4.0
Betaine.....mg	0.7		1	A	1		1.0	0.8	0.2
Vitamin B-12.....µg	1.68	0.123	19	A	1		2.22	1.90	0.48
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	223		0	AS	1		294	252	63
Retinol.....µg	223		4	A	1		294	252	63
Carotene, beta.....µg	51		0	BFFN	4		68	58	15
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	829		0	NC	4		1094	937	235
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.50	0.018	9	A	1		0.65	0.56	0.14
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.03	0.014	9	A	1		0.03	0.03	0.01
Tocopherol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00

NDB No. 01029

Cheese, mozzarella, low moisture, part-skim

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00	0.000	9	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	9	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.4		0	NR	4	0.5	0.4	0.1
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	0.4		0	BFFN	4	0.5	0.4	0.1
Vitamin D.....IU	15		0	BFFN	4	19	17	4
Vitamin K (phylloquinone).....µg	1.3		2	A	1	1.7	1.4	0.4
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	4.1		2	A	1	5.4	4.7	1.2
Lipids:								
Fatty acids, total saturated.....g	11.295		0	NC	4	14.910	12.764	3.202
4:0.....g	0.387	0.002	35	A	1	0.510	0.437	0.110
6:0.....g	0.325	0.002	35	A	1	0.429	0.367	0.092
8:0.....g	0.203	0.001	35	A	1	0.268	0.229	0.058
10:0.....g	0.497	0.005	35	A	1	0.655	0.561	0.141
12:0.....g	0.566	0.006	35	A	1	0.747	0.639	0.160
13:0.....g								
14:0.....g	1.826	0.015	35	A	1	2.410	2.063	0.518
15:0.....g	0.193	0.002	35	A	1	0.254	0.218	0.055
16:0.....g	5.145	0.035	35	A	1	6.791	5.814	1.459
17:0.....g	0.115	0.001	35	A	1	0.151	0.130	0.033
18:0.....g	2.001	0.027	35	A	1	2.642	2.262	0.567
20:0.....g	0.027	0.000	35	A	1	0.036	0.031	0.008
22:0.....g	0.007	0.000	35	A	1	0.010	0.008	0.002
24:0.....g	0.005	0.000	35	A	1	0.006	0.005	0.001
Fatty acids, total monounsaturated.....g	5.741		0	NC	4	7.578	6.488	1.628
14:1.....g	0.186	0.003	35	A	1	0.245	0.210	0.053
15:1.....g	0.000	0.000	35	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.309	0.006	35	AS	1	0.408	0.350	0.088
16:1 c.....g								
16:1 t.....g	0.060	0.003	35	A	1	0.079	0.068	0.017
17:1.....g	0.037	0.000	35	A	1	0.048	0.041	0.010
18:1 undifferentiated.....g	4.590	0.029	35	AS	1	6.058	5.186	1.301
18:1 c.....g								
18:1 t.....g	0.522	0.007	35	A	1	0.689	0.590	0.148
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.037	0.001	35	A	1	0.049	0.042	0.011
22:1 undifferentiated.....g	0.000	0.000	35	AS	1	0.000	0.000	0.000
22:1 c.....g								
22:1 t.....g	0.000	0.000	35	A	1	0.000	0.000	0.000
24:1 c.....g	0.000	0.000	35	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.019		0	NC	4	1.345	1.151	0.289
18:2 undifferentiated.....g	0.731	0.006	35	AS	1	0.965	0.826	0.207
18:2 n-6 c,c.....g								
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.138	0.001	35	A	1	0.182	0.156	0.039
18:3 undifferentiated.....g	0.071	0.002	35	AS	1	0.094	0.080	0.020
18:4.....g	0.000	0.000	35	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.000	35	A	1	0.006	0.005	0.001
20:3 undifferentiated.....g	0.022	0.000	35	AS	1	0.029	0.024	0.006
20:4 undifferentiated.....g	0.031	0.001	35	A	1	0.041	0.035	0.009
20:5 n-3 (EPA).....g	0.005	0.000	35	A	1	0.007	0.006	0.002
21:5.....g								
22:4.....g	0.005	0.000	35	A	1	0.007	0.006	0.002
22:5 n-3 (DPA).....g	0.010	0.000	35	A	1	0.014	0.012	0.003
22:6 n-3 (DHA).....g	0.000	0.000	35	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.720		0	NC	4	0.950	0.813	0.204
Fatty acids, total trans-monoenoic.....g	0.582		0	NC	4	0.768	0.658	0.165
Fatty acids, total trans-polyenoic.....g	0.138		0	NC	4	0.182	0.156	0.039
Cholesterol.....mg	64	0.642	19	A	1	85	73	18
Phytosterols.....mg								

NDB No. 01029

Cheese, mozzarella, low moisture, part-skim

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<hr/>									
<u>Amino Acids:</u>									
Tryptophan.....g	0.551		0	A	1		0.728	0.623	0.156
Threonine.....g	1.053		0	A	1		1.390	1.190	0.299
Isoleucine.....g	1.216		0	A	1		1.605	1.374	0.345
Leucine.....g	1.956		0	A	1		2.582	2.210	0.555
Lysine.....g	1.034		0	A	1		1.364	1.168	0.293
Methionine.....g	0.551		0	A	1		0.728	0.623	0.156
Cystine.....g	0.124		0	A	1		0.163	0.140	0.035
Phenylalanine.....g	1.083		0	A	1		1.429	1.224	0.307
Tyrosine.....g	1.117		0	A	1		1.475	1.263	0.317
Valine.....g	1.416		0	A	1		1.869	1.600	0.401
Arginine.....g	0.551		0	A	1		0.728	0.623	0.156
Histidine.....g	0.551		0	A	1		0.728	0.623	0.156
Alanine.....g	0.757		0	A	1		1.000	0.856	0.215
Aspartic acid.....g	1.749		0	A	1		2.309	1.976	0.496
Glutamic acid.....g	4.776		0	A	1		6.304	5.396	1.354
Glycine.....g	0.551		0	A	1		0.728	0.623	0.156
Proline.....g	2.519		0	A	1		3.324	2.846	0.714
Serine.....g	0.787		0	A	1		1.039	0.889	0.223
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01271

Cheese, mozzarella, low moisture, part-skim, shredded

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	44.81	0.340	18	A	1		38.54		
Energy.....kcal	304		0	NC	4		262		
Energy.....kJ	1273		0	NC	4		1095		
Protein.....g	23.63	0.408	18	A	1		20.32		
Total lipid (fat).....g	19.72	0.364	18	A	1		16.96		
Ash.....g	3.78	0.092	18	A	1		3.25		
Carbohydrate, by difference.....g	8.06		0	NC	4		6.93		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.24		2	A	1		1.92		
Sucrose.....g	0.00		3	A	1		0.00		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	1.45		3	A	1		1.25		
Maltose.....g	0.00		3	A	1		0.00		
Galactose.....g	0.75		3	A	1		0.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	716	16.257	18	A	1		616		
Iron, Fe.....mg	0.23	0.031	18	A	1		0.20		
Magnesium, Mg.....mg	29	1.040	18	A	1		25		
Phosphorus, P.....mg	537	12.619	18	A	1		462		
Potassium, K.....mg	131	6.755	18	A	1		112		
Sodium, Na.....mg	682	24.192	18	A	1		587		
Zinc, Zn.....mg	3.61	0.081	18	A	1		3.11		
Copper, Cu.....mg	0.034	0.001	18	A	1		0.029		
Manganese, Mn.....mg	0.041	0.004	18	A	1		0.035		
Selenium, Se.....µg	26.8	1.078	9	A	1		23.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.029	0.000	9	A	1		0.025		
Riboflavin.....mg	0.367	0.037	9	A	1		0.315		
Niacin.....mg	0.151	0.040	9	A	1		0.130		
Pantothenic acid.....mg	0.508	0.013	6	A	1		0.437		
Vitamin B-6.....mg	0.111	0.001	9	A	1		0.095		
Folate, total.....µg	27	1.616	4	A	1		23		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	27	1.616	4	A	1		23		
Folate, DFE.....µg	27		0	NC	4		23		
Choline, total.....mg	14.2		0	AS	1		12.2		
Betaine.....mg	0.7		1	A	1		0.6		
Vitamin B-12.....µg	1.33	0.274	9	A	1		1.14		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	254		0	AS	1		218		
Retinol.....µg	254		3	A	1		218		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	846		0	AS	1		727		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.49	0.022	9	A	1		0.42		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	9	A	1		0.00		
Tocopherol, gamma.....mg	0.02	0.016	9	A	1		0.02		
Tocopherol, delta.....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, alpha.....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00		

NDB No. 01271

Cheese, mozzarella, low moisture, part-skim, shredded

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.4		0	BFFN	4		0.3		
Vitamin D.....IU	14		0	BFFN	4		12		
Vitamin K (phylloquinone).....µg	1.3		2	A	1		1.1		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	4.1		2	A	1		3.5		
Lipids:									
Fatty acids, total saturated.....g	11.472		0	NC	4		9.866		
4:0.....g	0.396	0.004	18	A	1		0.340		
6:0.....g	0.335	0.003	18	A	1		0.288		
8:0.....g	0.209	0.003	18	A	1		0.180		
10:0.....g	0.503	0.010	18	A	1		0.432		
12:0.....g	0.573	0.013	18	A	1		0.493		
13:0.....g									
14:0.....g	1.842	0.030	18	A	1		1.584		
15:0.....g	0.192	0.003	18	A	1		0.165		
16:0.....g	5.201	0.067	18	A	1		4.473		
17:0.....g	0.116	0.002	18	A	1		0.099		
18:0.....g	2.066	0.058	18	A	1		1.777		
20:0.....g	0.028	0.001	18	A	1		0.024		
22:0.....g	0.007	0.000	18	A	1		0.006		
24:0.....g	0.005	0.000	18	A	1		0.004		
Fatty acids, total monounsaturated.....g	5.104		0	NC	4		4.390		
14:1.....g	0.181	0.006	18	A	1		0.156		
15:1.....g	0.000	0.000	18	A	1		0.000		
16:1 undifferentiated.....g	0.292	0.013	18	AS	1		0.251		
16:1 c.....g	0.238	0.008	18	A	1		0.205		
16:1 t.....g	0.054	0.007	18	A	1		0.046		
17:1.....g	0.037	0.001	18	A	1		0.031		
18:1 undifferentiated.....g	4.558	0.062	18	AS	1		3.920		
18:1 c.....g	4.043	0.050	18	A	1		3.477		
18:1 t.....g	0.515	0.014	18	A	1		0.443		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.036	0.001	18	A	1		0.031		
22:1 undifferentiated.....g	0.000	0.000	18	AS	1		0.000		
22:1 c.....g	0.000	0.000	18	A	1		0.000		
22:1 t.....g	0.000	0.000	18	A	1		0.000		
24:1 c.....g	0.000	0.000	18	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.861		0	NC	4		0.741		
18:2 undifferentiated.....g	0.706	0.013	18	AS	1		0.608		
18:2 n-6 c,c.....g	0.471	0.012	18	A	1		0.405		
18:2 CLAs.....g	0.097	0.002	18	A	1		0.084		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.138	0.002	18	A	1		0.119		
18:3 undifferentiated.....g	0.076	0.004	18	AS	1		0.065		
18:3 n-3 c,c,c (ALA).....g	0.073	0.004	18	A	1		0.063		
18:3 n-6 c,c,c.....g	0.000	0.000	18	A	1		0.000		
18:3i.....g	0.002	0.000	18	A	1		0.002		
18:4.....g	0.000	0.000	18	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	18	A	1		0.004		
20:3 undifferentiated.....g	0.022	0.001	18	AS	1		0.019		
20:3 n-3.....g	0.000	0.000	18	A	1		0.000		
20:3 n-6.....g	0.021	0.001	18	A	1		0.018		
20:4 undifferentiated.....g	0.030	0.002	18	A	1		0.026		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.000	18	A	1		0.005		
21:5.....g									
22:4.....g	0.006	0.000	18	A	1		0.005		
22:5 n-3 (DPA).....g	0.011	0.000	18	A	1		0.010		

NDB No. 01271
Cheese, mozzarella, low moisture, part-skim, shredded

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	18	A	1	0.000		
Fatty acids, total trans.....g	0.709		0	NC	4	0.610		
Fatty acids, total trans-monoenoic.....g	0.569		0	NC	4	0.489		
Fatty acids, total trans-polyenoic.....g	0.140		0	NC	4	0.121		
Cholesterol.....mg	65	1.415	9	A	1	56		
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.312		0	A	1	0.269		
Threonine.....g	1.063		0	A	1	0.914		
Isoleucine.....g	1.256		0	A	1	1.080		
Leucine.....g	2.372		0	A	1	2.040		
Lysine.....g	1.985		0	A	1	1.707		
Methionine.....g	0.572		0	A	1	0.492		
Cystine.....g	0.140		0	A	1	0.120		
Phenylalanine.....g	1.227		0	A	1	1.055		
Tyrosine.....g	1.283		0	A	1	1.103		
Valine.....g	1.589		0	A	1	1.367		
Arginine.....g	1.056		0	A	1	0.909		
Histidine.....g	0.692		0	A	1	0.595		
Alanine.....g	0.816		0	A	1	0.702		
Aspartic acid.....g	1.923		0	A	1	1.653		
Glutamic acid.....g	5.530		0	A	1	4.756		
Glycine.....g	0.472		0	A	1	0.406		
Proline.....g	2.612		0	A	1	2.246		
Serine.....g	1.358		0	A	1	1.168		
Hydroxyproline.....g								
<u>Others:</u>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Confidence Code			
Proximates:								
Water.....g	49.90		0		4	65.87	56.39	8.98
Energy.....kcal	280		1		1	370	316	50
Energy.....kJ	1172		1		1	1546	1324	211
Protein.....g	27.50		1		1	36.30	31.08	4.95
Total lipid (fat).....g	17.10		1		1	22.57	19.32	3.08
Ash.....g	2.40		0	NR	4	3.17	2.71	0.43
Carbohydrate, by difference.....g	3.10		0	NC	4	4.09	3.50	0.56
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0	0.0
Sugars, total.....g	1.23		0	BFNN	4	1.62	1.39	0.22
Starch.....g								
Minerals:								
Calcium, Ca.....mg	731		1		1	965	826	132
Iron, Fe.....mg	0.25		1		1	0.33	0.28	0.05
Magnesium, Mg.....mg	26		1		1	34	29	5
Phosphorus, P.....mg	524		1		1	692	592	94
Potassium, K.....mg	95		1		1	125	107	17
Sodium, Na.....mg	16		0		4	21	18	3
Zinc, Zn.....mg	3.13		1		1	4.13	3.54	0.56
Copper, Cu.....mg	0.027		1		1	0.036	0.031	0.005
Manganese, Mn.....mg								
Selenium, Se.....µg	15.7		0	BFNN	4	20.7	17.7	2.8
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		7	0.0	0.0	0.0
Thiamin.....mg	0.020		1		1	0.026	0.023	0.004
Riboflavin.....mg	0.340		1		1	0.449	0.384	0.061
Niacin.....mg	0.120		1		1	0.158	0.136	0.022
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.080		1		1	0.106	0.090	0.014
Folate, total.....µg	9		0	NR	4	12	10	2
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	9		0	BFNN	4	12	10	2
Folate, DFE.....µg	9		0	NC	4	12	10	2
Choline, total.....mg	18.4		0	BFNN	4	24.3	20.8	3.3
Betaine.....mg								
Vitamin B-12.....µg	0.92		1		1	1.21	1.04	0.17
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	137		0	NC	4	181	155	25
Retinol.....µg	133		0	BFFN	4	176	150	24
Carotene, beta.....µg	44		0	BFFN	4	58	50	8
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	517		0	NC	4	682	584	93
Lycopene.....µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFFN	4	0.19	0.17	0.03
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.3		0	AS	1	0.4	0.4	0.1
Vitamin D.....IU	13		0	BFFN	4	17	14	2
Vitamin K (phyloquinone).....µg	1.8		0	BFFN	4	2.3	2.0	0.3
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 43597
Cheese, mozzarella, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
			Confidence Code				
Lipids:							
Fatty acids, total saturated.....g	10.867		0	4	14.344	12.280	1.956
4:0.....g	0.559		0	4	0.738	0.632	0.101
6:0.....g	0.110		0	4	0.145	0.124	0.020
8:0.....g	0.120		0	4	0.158	0.136	0.022
10:0.....g	0.270		0	4	0.356	0.305	0.049
12:0.....g	0.180		0	4	0.238	0.203	0.032
13:0.....g							
14:0.....g	1.718		0	4	2.268	1.941	0.309
15:0.....g							
16:0.....g	5.214		0	4	6.882	5.892	0.939
17:0.....g							
18:0.....g	2.078		0	4	2.743	2.348	0.374
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.844		0	4	6.394	5.474	0.872
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.469		0	4	0.619	0.530	0.084
17:1.....g							
18:1 undifferentiated.....g	4.165		0	4	5.498	4.706	0.750
20:1.....g	0.000		0	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.509		0	4	0.672	0.575	0.092
18:2 undifferentiated.....g	0.360		0	4	0.475	0.407	0.065
18:3 undifferentiated.....g	0.150		0	4	0.198	0.170	0.027
18:4.....g	0.000		0	4	0.000	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4	0.000	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4	0.000	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	54		1	1	71	61	10
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7	0	0	0
Theobromine.....mg	0		0	Z 7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced
 Measure 2 = 113g: 1 cup, shredded
 Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42304
Cheese, mozzarella, nonfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.000		0		7		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		4		20		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01028
Cheese, mozzarella, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	10.114		0		1		2.867		
4:0.....g	0.516		1		1		0.146		
6:0.....g	0.100	0.020	5		1		0.028		
8:0.....g	0.117	0.027	5		1		0.033		
10:0.....g	0.251	0.044	5		1		0.071		
12:0.....g	0.164	0.054	5		1		0.046		
13:0.....g									
14:0.....g	1.598	0.088	5		1		0.453		
15:0.....g									
16:0.....g	4.855	0.327	5		1		1.376		
17:0.....g									
18:0.....g	1.937	0.169	5		1		0.549		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.510		0		1		1.279		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440	0.059	5		1		0.125		
17:1.....g									
18:1 undifferentiated.....g	3.874	0.245	5		1		1.098		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.472		0		1		0.134		
18:2 undifferentiated.....g	0.335	0.057	5		1		0.095		
18:3 undifferentiated.....g	0.137	0.019	5		1		0.039		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1		1		18		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.339		0		4		0.096		
Threonine.....g	0.924		0		1		0.262		
Isoleucine.....g	1.164		0		1		0.330		
Leucine.....g	2.365		0		1		0.670		
Lysine.....g	2.464		0		1		0.699		
Methionine.....g	0.677		0		1		0.192		
Cystine.....g	0.144		0		1		0.041		
Phenylalanine.....g	1.266		0		1		0.359		
Tyrosine.....g	1.403		0		1		0.398		
Valine.....g	1.517		0		1		0.430		
Arginine.....g	1.042		0		1		0.295		
Histidine.....g	0.913		0		1		0.259		
Alanine.....g	0.741		0		1		0.210		
Aspartic acid.....g	1.757		0		1		0.498		
Glutamic acid.....g	5.677		0		1		1.609		
Glycine.....g	0.464		0		1		0.132		
Proline.....g	2.498		0		1		0.708		
Serine.....g	1.415		0		1		0.401		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Number					measures of food			
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.01	0.118	6	A	1		56.01	14.18	85.02
Energy.....kcal	300		0	NC	4		336	85	509
Energy.....kJ	1254		0	NC	4		1404	355	2131
Protein (N x 6.38).....g	22.17	0.182	6	A	1		24.83	6.29	37.69
Total lipid (fat).....g	22.35	0.244	6	A	1		25.04	6.34	38.00
Ash.....g	3.28	0.030	6	A	1		3.67	0.93	5.57
Carbohydrate, by difference.....g	2.19		0	NC	4		2.45	0.62	3.72
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	1.03		0	NC	4		1.15	0.29	1.75
Sucrose.....g	0.03	0.000	4	JA	6		0.03	0.01	0.04
Glucose (dextrose).....g	0.56	0.101	6	JA	6		0.63	0.16	0.95
Fructose.....g	0.15	0.000	3	A	1		0.17	0.04	0.25
Lactose.....g	0.07	0.000	6	JA	6		0.08	0.02	0.13
Maltose.....g	0.08	0.000	4	JA	6		0.08	0.02	0.13
Galactose.....g	0.15	0.000	3	A	1		0.17	0.04	0.25
Starch.....g									
Minerals:									
Calcium, Ca.....mg	505	2.838	6	A	1		566	143	859
Iron, Fe.....mg	0.44	0.084	6	A	1		0.49	0.12	0.75
Magnesium, Mg.....mg	20	0.154	6	A	1		23	6	35
Phosphorus, P.....mg	354	2.581	6	A	1		396	100	601
Potassium, K.....mg	76	2.206	6	A	1		85	21	129
Sodium, Na.....mg	627	11.119	6	A	1		703	178	1067
Zinc, Zn.....mg	2.92	0.074	6	A	1		3.27	0.83	4.97
Copper, Cu.....mg	0.011	0.011	6	A	1		0.012	0.003	0.018
Manganese, Mn.....mg	0.030	0.002	6	A	1		0.034	0.009	0.052
Selenium, Se.....µg	17.0	0.524	3	A	1		19.0	4.8	28.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.030	0.000	6	A	1		0.033	0.008	0.051
Riboflavin.....mg	0.283	0.002	6	A	1		0.317	0.080	0.482
Niacin.....mg	0.104	0.010	6	A	1		0.116	0.029	0.176
Pantothenic acid.....mg	0.141	0.004	3	A	1		0.158	0.040	0.240
Vitamin B-6.....mg	0.037	0.000	3	A	1		0.042	0.011	0.063
Folate, total.....µg	7	0.000	3	A	1		8	2	13
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7	0.000	3	A	1		8	2	13
Folate, DFE.....µg	7		0	NC	4		8	2	13
Choline, total.....mg	15.4		0	T	4		17.2	4.4	26.2
Betaine.....mg									
Vitamin B-12.....µg	2.28	0.064	6	A	1		2.56	0.65	3.88
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	179		0	NC	4		200	51	304
Retinol.....µg	174		0	BFFN	4		195	49	296
Carotene, beta.....µg	57		0	BFFN	4		64	16	97
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	676		0	NC	4		757	192	1149
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFFN	4		0.22	0.05	0.33
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.5	0.1	0.7
Vitamin D.....IU	16		0	BFFN	4		18	5	28
Vitamin K (phylloquinone).....µg	2.3		2	A	1		2.6	0.7	3.9
Dihydrophyllloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	13.152		0		1		14.730	3.729	22.358
4:0.....g	0.805		1		1		0.902	0.228	1.369
6:0.....g	0.446		1		1		0.500	0.126	0.758
8:0.....g	0.257		1		1		0.288	0.073	0.437
10:0.....g	0.582		1		1		0.652	0.165	0.989
12:0.....g	0.690		1		1		0.773	0.196	1.173
13:0.....g									
14:0.....g	2.189		1		1		2.452	0.621	3.721
15:0.....g									
16:0.....g	5.331		1		1		5.971	1.511	9.063
17:0.....g									
18:0.....g	2.442		1		1		2.735	0.692	4.151
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.573		0		1		7.362	1.863	11.174
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.597		1		1		0.669	0.169	1.015
17:1.....g									
18:1 undifferentiated.....g	5.649		1		1		6.327	1.601	9.603
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.765		0		1		0.857	0.217	1.301
18:2 undifferentiated.....g	0.393		1		1		0.440	0.111	0.668
18:3 undifferentiated.....g	0.372		1		1		0.417	0.105	0.632
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	79	3.649	6	A	1		89	22	135
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.515		0	A	1		0.576	0.146	0.875
Threonine.....g	0.983		0	A	1		1.101	0.279	1.671
Isoleucine.....g	1.135		0	A	1		1.271	0.322	1.930
Leucine.....g	1.826		0	A	1		2.045	0.518	3.104
Lysine.....g	0.965		0	A	1		1.081	0.274	1.640
Methionine.....g	0.515		0	A	1		0.576	0.146	0.875
Cystine.....g	0.115		0	A	1		0.129	0.033	0.196
Phenylalanine.....g	1.011		0	A	1		1.132	0.287	1.718
Tyrosine.....g	1.043		0	A	1		1.168	0.296	1.773
Valine.....g	1.322		0	A	1		1.480	0.375	2.247
Arginine.....g	0.515		0	A	1		0.576	0.146	0.875
Histidine.....g	0.515		0	A	1		0.576	0.146	0.875
Alanine.....g	0.707		0	A	1		0.792	0.200	1.202
Aspartic acid.....g	1.633		0	A	1		1.829	0.463	2.775
Glutamic acid.....g	4.458		0	A	1		4.993	1.264	7.579
Glycine.....g	0.515		0	A	1		0.576	0.146	0.875

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code Confidence Code			
Proline.....g	2.351		0	A	1	2.633	0.667	3.997
Serine.....g	0.735		0	A	1	0.823	0.208	1.249
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 cup, shredded
 Measure 2 = 28.35g: 1 oz
 Measure 3 = 170g: 6 slices

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate**3.87

Food Group: 01 Dairy and Egg Products
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01027

Cheese, mozzarella, whole milk, low moisture

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	15.561		0		1		4.412	2.801	
4:0.....g	0.844		1		1		0.239	0.152	
6:0.....g	0.177		1		1		0.050	0.032	
8:0.....g	0.203		1		1		0.058	0.037	
10:0.....g	0.412		1		1		0.117	0.074	
12:0.....g	0.255		1		1		0.072	0.046	
13:0.....g									
14:0.....g	2.683		1		1		0.761	0.483	
15:0.....g									
16:0.....g	7.491		1		1		2.124	1.348	
17:0.....g									
18:0.....g	2.880		1		1		0.816	0.518	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.027		0		1		1.992	1.265	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.822		1		1		0.233	0.148	
17:1.....g									
18:1 undifferentiated.....g	5.925		1		1		1.680	1.067	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.778		0		1		0.221	0.140	
18:2 undifferentiated.....g	0.566		1		1		0.160	0.102	
18:3 undifferentiated.....g	0.212		1		1		0.060	0.038	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		25	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.302		0		4		0.086	0.054	
Threonine.....g	0.823		0		1		0.233	0.148	
Isoleucine.....g	1.036		0		1		0.294	0.186	
Leucine.....g	2.106		0		1		0.597	0.379	
Lysine.....g	2.194		0		1		0.622	0.395	
Methionine.....g	0.603		0		1		0.171	0.109	
Cystine.....g	0.129		0		1		0.037	0.023	
Phenylalanine.....g	1.127		0		1		0.320	0.203	
Tyrosine.....g	1.249		0		1		0.354	0.225	
Valine.....g	1.351		0		1		0.383	0.243	
Arginine.....g	0.928		0		1		0.263	0.167	
Histidine.....g	0.813		0		1		0.230	0.146	
Alanine.....g	0.660		0		1		0.187	0.119	
Aspartic acid.....g	1.564		0		1		0.443	0.282	
Glutamic acid.....g	5.055		0		1		1.433	0.910	
Glycine.....g	0.413		0		1		0.117	0.074	
Proline.....g	2.224		0		1		0.631	0.400	
Serine.....g	1.259		0		1		0.357	0.227	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01027
Cheese, mozzarella, whole milk, low moisture

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	41.77	0.506	14		1		55.14	47.20	11.84
Energy.....kcal	368		0	NC	4		486	416	104
Energy.....kJ	1541		0	NC	4		2034	1742	437
Protein (N x 6.38).....g	23.41	0.328	14		1		30.90	26.45	6.64
Total lipid (fat).....g	30.04	0.498	17		1		39.65	33.95	8.52
Ash.....g	3.66	0.110	10		1		4.83	4.14	1.04
Carbohydrate, by difference.....g	1.12		0	NC	4		1.48	1.27	0.32
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	1.12		0	NR	4		1.48	1.27	0.32
Starch.....g									
Minerals:									
Calcium, Ca.....mg	717	25.274	14		1		947	811	203
Iron, Fe.....mg	0.41	0.063	5		1		0.54	0.46	0.12
Magnesium, Mg.....mg	27	0.955	10		1		36	31	8
Phosphorus, P.....mg	468	9.092	11		1		617	529	133
Potassium, K.....mg	134	15.673	11		1		177	152	38
Sodium, Na.....mg	628	27.405	11		1		829	709	178
Zinc, Zn.....mg	2.81	0.066	4		1		3.71	3.18	0.80
Copper, Cu.....mg	0.031		0		1		0.041	0.035	0.009
Manganese, Mn.....mg	0.008		0		1		0.011	0.009	0.002
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.013	0.001	6		1		0.017	0.015	0.004
Riboflavin.....mg	0.320	0.031	10		1		0.422	0.362	0.091
Niacin.....mg	0.103	0.017	18		1		0.136	0.116	0.029
Pantothenic acid.....mg	0.190		1		1		0.251	0.215	0.054
Vitamin B-6.....mg	0.056	0.007	15		1		0.074	0.063	0.016
Folate, total.....µg	12	1.680	25		1		16	14	3
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	12	1.680	25		1		16	14	3
Folate, DFE.....µg	12		0	NC	4		16	14	3
Choline, total.....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine.....mg									
Vitamin B-12.....µg	1.47	0.092	19		1		1.94	1.66	0.42
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	298		0	NC	4		393	337	85
Retinol.....µg	297		0	T	4		392	336	84
Carotene, beta.....µg	13		0	NR	4		17	15	4
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1012		0	NC	4		1335	1143	287
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.7	0.6	0.2
Vitamin D.....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone).....µg	2.5		0	BFFN	4		3.3	2.8	0.7
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

NDB No. 01030
Cheese, muenster

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	19.113		0		1		25.229	21.598	5.419
4:0.....g	1.042	0.113	6		1		1.375	1.177	0.295
6:0.....g	0.243	0.019	6		1		0.321	0.275	0.069
8:0.....g	0.275	0.031	6		1		0.363	0.311	0.078
10:0.....g	0.586	0.032	6		1		0.774	0.662	0.166
12:0.....g	0.367	0.021	6		1		0.484	0.415	0.104
13:0.....g									
14:0.....g	3.072	0.085	6		1		4.055	3.471	0.871
15:0.....g									
16:0.....g	9.218	0.219	6		1		12.168	10.416	2.613
17:0.....g									
18:0.....g	3.569	0.091	6		1		4.711	4.033	1.012
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.711		0		1		11.499	9.843	2.470
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.973	0.049	6		1		1.284	1.099	0.276
17:1.....g									
18:1 undifferentiated.....g	7.338	0.182	6		1		9.686	8.292	2.080
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.661		0		1		0.873	0.747	0.187
18:2 undifferentiated.....g	0.431	0.027	6		1		0.569	0.487	0.122
18:3 undifferentiated.....g	0.230	0.015	6		1		0.304	0.260	0.065
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	96	3.402	4		1		126	108	27
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.327		0		1		0.432	0.370	0.093
Threonine.....g	0.888		0		1		1.172	1.003	0.252
Isoleucine.....g	1.145		0		1		1.511	1.294	0.325
Leucine.....g	2.260		0		1		2.983	2.554	0.641
Lysine.....g	2.139		0		1		2.823	2.417	0.606
Methionine.....g	0.569		0		1		0.751	0.643	0.161
Cystine.....g	0.132		0		1		0.174	0.149	0.037
Phenylalanine.....g	1.240		0		1		1.637	1.401	0.352
Tyrosine.....g	1.123		0		1		1.482	1.269	0.318
Valine.....g	1.482		0		1		1.956	1.675	0.420
Arginine.....g	0.881		0		1		1.163	0.996	0.250
Histidine.....g	0.829		0		1		1.094	0.937	0.235
Alanine.....g	0.675		0		1		0.891	0.763	0.191
Aspartic acid.....g	1.600		0		1		2.112	1.808	0.454
Glutamic acid.....g	5.555		0		1		7.333	6.277	1.575
Glycine.....g	0.440		0		1		0.581	0.497	0.125
Proline.....g	2.594		0		1		3.424	2.931	0.735
Serine.....g	1.299		0		1		1.715	1.468	0.368
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01030
Cheese, muenster

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42303
Cheese, muenster, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.50		0		4		57.07	9.09	14.14
Energy.....kcal	271		0	NC	4		306	49	76
Energy.....kJ	1135		0	NC	4		1282	204	318
Protein.....g	24.70		0		4		27.91	4.45	6.92
Total lipid (fat).....g	17.60		0		4		19.89	3.17	4.93
Ash.....g	3.70		0	NR	4		4.18	0.67	1.04
Carbohydrate, by difference.....g	3.50		0		4		3.96	0.63	0.98
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	3.50		0	NR	4		3.96	0.63	0.98
Starch.....g									
Minerals:									
Calcium, Ca.....mg	529		0		4		598	95	148
Iron, Fe.....mg	0.41		0		4		0.46	0.07	0.11
Magnesium, Mg.....mg	27		0		4		31	5	8
Phosphorus, P.....mg	468		0		4		529	84	131
Potassium, K.....mg	134		0		4		151	24	38
Sodium, Na.....mg	600		0		4		678	108	168
Zinc, Zn.....mg	2.81		0		4		3.18	0.51	0.79
Copper, Cu.....mg	0.031		0		4		0.035	0.006	0.009
Manganese, Mn.....mg									
Selenium, Se.....µg	14.5		0	CAZN	4		16.4	2.6	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.010		0		4		0.011	0.002	0.003
Riboflavin.....mg	0.360		0		4		0.407	0.065	0.101
Niacin.....mg	0.100		0		4		0.113	0.018	0.028
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0		4		0.068	0.011	0.017
Folate, total.....µg	12		0		4		14	2	3
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	12		0		4		14	2	3
Folate, DFE.....µg	12		0	NC	4		14	2	3
Choline, total.....mg	15.4		0	T	4		17.4	2.8	4.3
Betaine.....mg									
Vitamin B-12.....µg	1.47		0		4		1.66	0.26	0.41
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	175		0	NC	4		197	31	49
Retinol.....µg	174		0	BFFN	4		197	31	49
Carotene, beta.....µg	8		0	BFFN	4		9	1	2
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	593		0	NC	4		670	107	166
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFFN	4		0.17	0.03	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	AS	1		0.4	0.1	0.1
Vitamin D.....IU	13		0	BFFN	4		15	2	4
Vitamin K (phylloquinone).....µg	1.5		0	BFFN	4		1.7	0.3	0.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42303
Cheese, muenster, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.950		0		4		12.374	1.971	3.066
4:0.....g	0.571		0		4		0.645	0.103	0.160
6:0.....g	0.337		0		4		0.381	0.061	0.094
8:0.....g	0.197		0		4		0.223	0.035	0.055
10:0.....g	0.442		0		4		0.499	0.080	0.124
12:0.....g	0.494		0		4		0.558	0.089	0.138
13:0.....g									
14:0.....g	1.769		0		4		1.999	0.318	0.495
15:0.....g									
16:0.....g	4.622		0		4		5.223	0.832	1.294
17:0.....g									
18:0.....g	2.136		0		4		2.414	0.384	0.598
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.090		0		4		5.752	0.916	1.425
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394		0		4		0.445	0.071	0.110
17:1.....g									
18:1 undifferentiated.....g	4.421		0		4		4.996	0.796	1.238
20:1.....g	0.265		0		4		0.299	0.048	0.074
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650		0		4		0.735	0.117	0.182
18:2 undifferentiated.....g	0.397		0		4		0.449	0.071	0.111
18:3 undifferentiated.....g	0.257		0		4		0.290	0.046	0.072
18:4.....g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		4		71	11	18
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Measure 3 = 28g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01031
Cheese, neufchatel

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code				
Proximates:									
Water.....g	63.11		2	A	1		17.89	53.64	
Energy.....kcal	253		0	NC	4		72	215	
Energy.....kJ	1059		0	NC	4		300	900	
Protein (N x 6.38).....g	9.15		2	A	1		2.60	7.78	
Total lipid (fat).....g	22.78		2	A	1		6.46	19.36	
Ash.....g	1.37		2	A	1		0.39	1.16	
Carbohydrate, by difference.....g	3.59		0	NC	4		1.02	3.05	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	3.19		2	A	1		0.91	2.72	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	3.19		2	A	1		0.91	2.72	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	0.50		2	A	1		0.14	0.43	
Minerals:									
Calcium, Ca.....mg	117		2	A	1		33	99	
Iron, Fe.....mg	0.13		2	A	1		0.04	0.11	
Magnesium, Mg.....mg	10		2	A	1		3	9	
Phosphorus, P.....mg	138		2	A	1		39	117	
Potassium, K.....mg	152		2	A	1		43	129	
Sodium, Na.....mg	334		2	A	1		95	283	
Zinc, Zn.....mg	0.82		2	A	1		0.23	0.70	
Copper, Cu.....mg	0.027		2	A	1		0.008	0.023	
Manganese, Mn.....mg	0.011		2	A	1		0.003	0.009	
Selenium, Se.....µg	3.0		0	BFNN	4		0.9	2.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.022		2	A	1		0.006	0.019	
Riboflavin.....mg	0.155		2	A	1		0.044	0.132	
Niacin.....mg	0.210		2	A	1		0.060	0.179	
Pantothenic acid.....mg	0.575		2	A	1		0.163	0.489	
Vitamin B-6.....mg	0.041	0.005	11		1		0.012	0.035	
Folate, total.....µg	14		2	A	1		4	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	14		2	A	1		4	12	
Folate, DFE.....µg	14		0	NC	4		4	12	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		2	A	1		0.09	0.25	
Vitamin A, RAE.....µg	241		0	NC	4		68	205	
Retinol.....µg	239		0	BFFN	4		68	203	
Carotene, beta.....µg	27		2	A	1		8	23	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	841		0	NC	4		238	715	
Lycopene.....µg	0		2	A	1		0	0	
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.40		2	A	1		0.11	0.34	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		2	A	1		0.01	0.03	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	
			Points	Code				
							Measure 1	Measure 2
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	1.7		2	A	1		0.5	1.5
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0
Menaquinone-4.....µg	9.3		2	A	1		2.6	7.9
Lipids:								
Fatty acids, total saturated.....g	12.790		0	NC	4		3.626	10.871
4:0.....g	0.609	0.067	6		1		0.173	0.518
6:0.....g	0.210	0.009	6		1		0.060	0.179
8:0.....g	0.242		2	A	1		0.069	0.206
10:0.....g	0.548		2	A	1		0.155	0.466
12:0.....g	0.607		2	A	1		0.172	0.516
13:0.....g								
14:0.....g	2.025		2	A	1		0.574	1.721
15:0.....g	0.209		2	A	1		0.059	0.178
16:0.....g	5.633		2	A	1		1.597	4.788
17:0.....g	0.119		2	A	1		0.034	0.101
18:0.....g	2.555		2	A	1		0.724	2.171
20:0.....g	0.033		2	A	1		0.009	0.028
22:0.....g	0.000		2	A	1		0.000	0.000
24:0.....g								
Fatty acids, total monounsaturated.....g	5.784		0	NC	4		1.640	4.916
14:1.....g	0.161		2	A	1		0.046	0.137
15:1.....g	0.000		2	A	1		0.000	0.000
16:1 undifferentiated.....g	0.297		2	A	1		0.084	0.252
17:1.....g	0.000		2	A	1		0.000	0.000
18:1 undifferentiated.....g	5.326		2	A	1		1.510	4.527
20:1.....g	0.000		2	A	1		0.000	0.000
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.970		0	NC	4		0.275	0.824
18:2 undifferentiated.....g	0.696		2	A	1		0.197	0.592
18:3 undifferentiated.....g	0.117		0	AS	1		0.033	0.100
18:3 n-3 c,c,c (ALA).....g	0.117		2	A	1		0.033	0.100
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.039		2	A	1		0.011	0.033
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	74		2	A	1		21	63
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.106		0	A	1		0.030	0.090
Threonine.....g	0.359		0	A	1		0.102	0.306
Isoleucine.....g	0.501		0	A	1		0.142	0.425
Leucine.....g	1.013		0	A	1		0.287	0.861
Lysine.....g	0.875		0	A	1		0.248	0.744
Methionine.....g	0.294		0	A	1		0.083	0.250
Cystine.....g	0.064		0	A	1		0.018	0.055
Phenylalanine.....g	0.448		0	A	1		0.127	0.381
Tyrosine.....g	0.468		0	A	1		0.133	0.398

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Valine.....g	0.609		0	A	1		0.173	0.518
Arginine.....g	0.363		0	A	1		0.103	0.309
Histidine.....g	0.270		0	A	1		0.077	0.230
Alanine.....g	0.283		0	A	1		0.080	0.241
Aspartic acid.....g	0.794		0	A	1		0.225	0.675
Glutamic acid.....g	2.013		0	A	1		0.571	1.711
Glycine.....g	0.218		0	A	1		0.062	0.186
Proline.....g	1.027		0	A	1		0.291	0.873
Serine.....g	0.577		0	A	1		0.164	0.491
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01204
Cheese, parmesan, dry grated, reduced fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	50.60		0	BFZN	4		50.60	2.53	14.35
Energy.....kcal	265		0	NC	4		265	13	75
Energy.....kJ	1111		0	NC	4		1111	56	315
Protein.....g	20.00		1	LC	8		20.00	1.00	5.67
Total lipid (fat).....g	20.00		1	LC	8		20.00	1.00	5.67
Ash.....g	8.03	0.389	6	A	1		8.03	0.40	2.28
Carbohydrate, by difference.....g	1.37		0	NC	4		1.37	0.07	0.39
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	0.00		1	LC	8		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1109	15.109	6	A	1		1109	55	315
Iron, Fe.....mg	0.90	0.105	6	A	1		0.90	0.04	0.25
Magnesium, Mg.....mg	38	1.376	6	A	1		38	2	11
Phosphorus, P.....mg	729	10.001	6	A	1		729	36	207
Potassium, K.....mg	125	17.696	6	A	1		125	6	35
Sodium, Na.....mg	1529	51.778	6	A	1		1529	76	433
Zinc, Zn.....mg	3.87	0.831	6	A	1		3.87	0.19	1.10
Copper, Cu.....mg	0.238	0.064	6	A	1		0.238	0.012	0.067
Manganese, Mn.....mg	0.085	0.015	6	A	1		0.085	0.004	0.024
Selenium, Se.....µg	17.7	3.528	3	A	1		17.7	0.9	5.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.029	0.004	3	A	1		0.029	0.001	0.008
Riboflavin.....mg	0.486	0.014	3	A	1		0.486	0.024	0.138
Niacin.....mg	0.114	0.008	3	A	1		0.114	0.006	0.032
Pantothenic acid.....mg	0.325		2	A	1		0.325	0.016	0.092
Vitamin B-6.....mg	0.049	0.003	3	A	1		0.049	0.002	0.014
Folate, total.....µg	10		2	A	1		10	1	3
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	10		2	A	1		10	1	3
Folate, DFE.....µg	10		0	NC	4		10	1	3
Choline, total.....mg	20.7		0	BFSN	4		20.7	1.0	5.9
Betaine.....mg									
Vitamin B-12.....µg	2.26	0.237	3	A	1		2.26	0.11	0.64
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	160		0	NC	4		160	8	45
Retinol.....µg	156		0	BFFN	4		156	8	44
Carotene, beta.....µg	51		0	BFFN	4		51	3	15
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	605		0	NC	4		605	30	171
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.17		0	BFFN	4		0.17	0.01	0.05
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.4	0.0	0.1
Vitamin D.....IU	15		0	BFFN	4		15	1	4
Vitamin K (phylloquinone).....µg	1.7		0	BFFN	4		1.7	0.1	0.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01204

Cheese, parmesan, dry grated, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	13.317		0		1		13.317	0.666	3.775
4:0.....g	1.054		1		1		1.054	0.053	0.299
6:0.....g	0.395		1		1		0.395	0.020	0.112
8:0.....g	0.211		1		1		0.211	0.011	0.060
10:0.....g	0.526		1		1		0.526	0.026	0.149
12:0.....g	0.709		1		1		0.709	0.035	0.201
13:0.....g									
14:0.....g	2.362		1		1		2.362	0.118	0.670
15:0.....g									
16:0.....g	5.653		1		1		5.653	0.283	1.603
17:0.....g									
18:0.....g	1.868		1		1		1.868	0.093	0.530
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.098		0		1		6.098	0.305	1.729
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		1		1		0.320	0.016	0.091
17:1.....g									
18:1 undifferentiated.....g	5.402		1		1		5.402	0.270	1.531
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.462		0		1		0.462	0.023	0.131
18:2 undifferentiated.....g	0.221		1		1		0.221	0.011	0.063
18:3 undifferentiated.....g	0.241		1		1		0.241	0.012	0.068
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	88	6.080	3	A	1		88	4	25
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.240		0	LC	8		0.240	0.012	0.068
Threonine.....g	1.519		0	LC	8		1.519	0.076	0.431
Isoleucine.....g	1.200		0	LC	8		1.200	0.060	0.340
Leucine.....g	2.983		0	LC	8		2.983	0.149	0.846
Lysine.....g	2.459		0	LC	8		2.459	0.123	0.697
Methionine.....g	0.369		0	LC	8		0.369	0.018	0.105
Cystine.....g	0.028		0	LC	8		0.028	0.001	0.008
Phenylalanine.....g	1.604		0	LC	8		1.604	0.080	0.455
Tyrosine.....g	1.968		0	LC	8		1.968	0.098	0.558
Valine.....g	1.498		0	LC	8		1.498	0.075	0.425
Arginine.....g	1.324		0	LC	8		1.324	0.066	0.375
Histidine.....g	0.752		0	LC	8		0.752	0.038	0.213
Alanine.....g	0.956		0	LC	8		0.956	0.048	0.271
Aspartic acid.....g	1.963		0	LC	8		1.963	0.098	0.557
Glutamic acid.....g	7.279		0	LC	8		7.279	0.364	2.064
Glycine.....g	0.598		0	LC	8		0.598	0.030	0.170
Proline.....g	3.231		0	LC	8		3.231	0.162	0.916
Serine.....g	1.614		0	LC	8		1.614	0.081	0.457
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01204
Cheese, parmesan, dry grated, reduced fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 100g: 1 cup
Measure 2 = 5.0g: 1 tbsp
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01032
Cheese, parmesan, grated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error							
			Points	Code	Code				
Proximates:									
Water.....g	22.65	0.454	11	A	1	22.65	1.13	6.42	
Energy.....kcal	420		0	NC	4	420	21	119	
Energy.....kJ	1757		0	NC	4	1757	88	498	
Protein (N x 6.38).....g	28.42	1.940	11	A	1	28.42	1.42	8.06	
Total lipid (fat).....g	27.84	1.131	11	A	1	27.84	1.39	7.89	
Ash.....g	7.18	0.216	11	A	1	7.18	0.36	2.04	
Carbohydrate, by difference.....g	13.91		0	NC	4	13.91	0.70	3.94	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	0.07		0	AS	1	0.07	0.00	0.02	
Sucrose.....g	0.00		1	A	1	0.00	0.00	0.00	
Glucose (dextrose).....g	0.00		1	A	1	0.00	0.00	0.00	
Fructose.....g	0.00		1	A	1	0.00	0.00	0.00	
Lactose.....g	0.00		1	A	1	0.00	0.00	0.00	
Maltose.....g	0.00		1	A	1	0.00	0.00	0.00	
Galactose.....g	0.07		1	A	1	0.07	0.00	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	853	56.673	11	A	1	853	43	242	
Iron, Fe.....mg	0.49	0.073	11	A	1	0.49	0.02	0.14	
Magnesium, Mg.....mg	34	1.326	11	A	1	34	2	10	
Phosphorus, P.....mg	627	32.990	11	A	1	627	31	178	
Potassium, K.....mg	180	9.294	11	A	1	180	9	51	
Sodium, Na.....mg	1804	82.631	11	A	1	1804	90	511	
Zinc, Zn.....mg	4.20	0.309	11	A	1	4.20	0.21	1.19	
Copper, Cu.....mg	0.040	0.002	11	A	1	0.040	0.002	0.011	
Manganese, Mn.....mg	0.071	0.011	11	A	1	0.071	0.004	0.020	
Selenium, Se.....µg	34.4	3.910	5	A	1	34.4	1.7	9.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0	
Thiamin.....mg	0.026	0.004	5	A	1	0.026	0.001	0.007	
Riboflavin.....mg	0.358	0.028	5	A	1	0.358	0.018	0.101	
Niacin.....mg	0.080	0.016	5	A	1	0.080	0.004	0.023	
Pantothenic acid.....mg	0.450	0.018	3	A	1	0.450	0.022	0.128	
Vitamin B-6.....mg	0.081	0.005	5	A	1	0.081	0.004	0.023	
Folate, total.....µg	6		1	A	1	6	0	2	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	6		1	A	1	6	0	2	
Folate, DFE.....µg	6		0	NC	4	6	0	2	
Choline, total.....mg	14.1		0	AS	1	14.1	0.7	4.0	
Betaine.....mg	0.2		1	A	1	0.2	0.0	0.0	
Vitamin B-12.....µg	1.40	0.162	5	A	1	1.40	0.07	0.40	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	262		0	NC	4	262	13	74	
Retinol.....µg	255		1	A	1	255	13	72	
Carotene, beta.....µg	73		0	BFFN	4	73	4	21	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	974		0	NC	4	974	49	276	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.53	0.030	5	A	1	0.53	0.03	0.15	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Tocopherol, gamma.....mg	0.01	0.010	5	A	1	0.01	0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.5	0.0	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.5		0	BFFN	4		0.5	0.0	0.1
Vitamin D.....IU	21		0	BFFN	4		21	1	6
Vitamin K (phylloquinone).....µg	1.7		2	A	1		1.7	0.1	0.5
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	7.1		2	A	1		7.1	0.4	2.0
Lipids:									
Fatty acids, total saturated.....g	15.371		0	NC	4		15.371	0.769	4.358
4:0.....g	0.493	0.039	11	A	1		0.493	0.025	0.140
6:0.....g	0.422	0.034	11	A	1		0.422	0.021	0.120
8:0.....g	0.265	0.021	11	A	1		0.265	0.013	0.075
10:0.....g	0.632	0.051	11	A	1		0.632	0.032	0.179
12:0.....g	0.726	0.057	11	A	1		0.726	0.036	0.206
13:0.....g									
14:0.....g	2.333	0.176	11	A	1		2.333	0.117	0.661
15:0.....g	0.240	0.019	11	A	1		0.240	0.012	0.068
16:0.....g	7.481	0.261	11	A	1		7.481	0.374	2.121
17:0.....g	0.148	0.011	11	A	1		0.148	0.007	0.042
18:0.....g	2.565	0.130	11	A	1		2.565	0.128	0.727
20:0.....g	0.046	0.003	11	A	1		0.046	0.002	0.013
22:0.....g	0.012	0.000	11	A	1		0.012	0.001	0.003
24:0.....g	0.009	0.001	11	A	1		0.009	0.000	0.003
Fatty acids, total monounsaturated.....g	7.130		0	NC	4		7.130	0.357	2.021
14:1.....g	0.229	0.020	11	A	1		0.229	0.011	0.065
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.365	0.029	11	AS	1		0.365	0.018	0.104
16:1 c.....g	0.287	0.022	11	A	1		0.287	0.014	0.082
16:1 t.....g	0.078	0.007	11	A	1		0.078	0.004	0.022
17:1.....g	0.045	0.003	11	A	1		0.045	0.002	0.013
18:1 undifferentiated.....g	6.441	0.279	11	AS	1		6.441	0.322	1.826
18:1 c.....g	5.815	0.294	11	A	1		5.815	0.291	1.648
18:1 t.....g	0.626	0.041	11	A	1		0.626	0.031	0.178
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.049	0.003	11	A	1		0.049	0.002	0.014
22:1 undifferentiated.....g	0.001	0.000	11	AS	1		0.001	0.000	0.000
22:1 c.....g	0.001	0.000	11	A	1		0.001	0.000	0.000
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.386		0	NC	4		1.386	0.069	0.393
18:2 undifferentiated.....g	1.175	0.090	11	AS	1		1.175	0.059	0.333
18:2 n-6 c,c,c.....g	0.870	0.108	11	A	1		0.870	0.043	0.247
18:2 CLAs.....g	0.136	0.010	11	A	1		0.136	0.007	0.039
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.169	0.013	11	A	1		0.169	0.008	0.048
18:3 undifferentiated.....g	0.106	0.006	11	AS	1		0.106	0.005	0.030
18:3 n-3 c,c,c (ALA).....g	0.102	0.006	11	A	1		0.102	0.005	0.029
18:3 n-6 c,c,c.....g	0.002	0.001	11	A	1		0.002	0.000	0.000
18:3i.....g	0.003	0.000	11	A	1		0.003	0.000	0.001
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.006	0.001	11	A	1		0.006	0.000	0.002
20:3 undifferentiated.....g	0.027	0.002	11	AS	1		0.027	0.001	0.008
20:3 n-3.....g	0.002	0.001	11	A	1		0.002	0.000	0.000
20:3 n-6.....g	0.026	0.002	11	A	1		0.026	0.001	0.007
20:4 undifferentiated.....g	0.040	0.003	11	A	1		0.040	0.002	0.011
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:4.....g	0.007	0.001	11	A	1		0.007	0.000	0.002
22:5 n-3 (DPA).....g	0.015	0.001	11	A	1		0.015	0.001	0.004
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.876		0	NC	4		0.876	0.044	0.248
Fatty acids, total trans-monoenoic.....g	0.704		0	NC	4		0.704	0.035	0.200
Fatty acids, total trans-polyenoic.....g	0.172		0	NC	4		0.172	0.009	0.049
Cholesterol.....mg	86	5.260	5	A	1		86	4	25
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.383		0	A	1		0.383	0.019	0.109
Threonine.....g	1.075		0	A	1		1.075	0.054	0.305
Isoleucine.....g	1.455		0	A	1		1.455	0.073	0.412
Leucine.....g	2.747		0	A	1		2.747	0.137	0.779
Lysine.....g	2.201		0	A	1		2.201	0.110	0.624
Methionine.....g	0.751		0	A	1		0.751	0.038	0.213
Cystine.....g	0.090		0	A	1		0.090	0.005	0.026
Phenylalanine.....g	1.538		0	A	1		1.538	0.077	0.436
Tyrosine.....g	1.720		0	A	1		1.720	0.086	0.488
Valine.....g	1.865		0	A	1		1.865	0.093	0.529
Arginine.....g	1.157		0	A	1		1.157	0.058	0.328
Histidine.....g	0.806		0	A	1		0.806	0.040	0.229
Alanine.....g	0.859		0	A	1		0.859	0.043	0.244
Aspartic acid.....g	1.975		0	A	1		1.975	0.099	0.560
Glutamic acid.....g	6.425		0	A	1		6.425	0.321	1.821
Glycine.....g	0.560		0	A	1		0.560	0.028	0.159
Proline.....g	3.415		0	A	1		3.415	0.171	0.968
Serine.....g	1.694		0	A	1		1.694	0.085	0.480
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup
 Measure 2 = 5.0g: 1 tbsp
 Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.16	0.623	10		1		8.27	3.00	41.41
Energy.....kcal	392		0	NC	4		111	40	557
Energy.....kJ	1641		0		4		465	169	2330
Protein (N x 6.38).....g	35.75	0.793	13		1		10.14	3.68	50.77
Total lipid (fat).....g	25.83	0.726	24		1		7.32	2.66	36.68
Ash.....g	6.04	0.314	8		1		1.71	0.62	8.58
Carbohydrate, by difference.....g	3.22		0	NC	4		0.91	0.33	4.57
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.80		0	BFNN	4		0.23	0.08	1.14
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1184	29.713	23		1		336	122	1681
Iron, Fe.....mg	0.82	0.193	4		1		0.23	0.08	1.16
Magnesium, Mg.....mg	44	0.872	4		1		12	5	62
Phosphorus, P.....mg	694	20.997	19		1		197	72	986
Potassium, K.....mg	92	5.964	4		1		26	9	131
Sodium, Na.....mg	1376		0	O	4		390	142	1954
Zinc, Zn.....mg	2.75	0.043	4		1		0.78	0.28	3.91
Copper, Cu.....mg	0.032		0		1		0.009	0.003	0.045
Manganese, Mn.....mg	0.020		0		1		0.006	0.002	0.028
Selenium, Se.....µg	22.5		0	BFNN	4		6.4	2.3	32.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.039		1		1		0.011	0.004	0.055
Riboflavin.....mg	0.332	0.016	4		1		0.094	0.034	0.471
Niacin.....mg	0.271	0.047	12		1		0.077	0.028	0.385
Pantothenic acid.....mg	0.453		1		1		0.128	0.047	0.643
Vitamin B-6.....mg	0.091	0.003	15		1		0.026	0.009	0.129
Folate, total.....µg	7	0.737	20		1		2	1	10
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7	0.737	20		1		2	1	10
Folate, DFE.....µg	7		0	NC	4		2	1	10
Choline, total.....mg	15.4		0	T	4		4.4	1.6	21.9
Betaine.....mg									
Vitamin B-12.....µg	1.20		0		4		0.34	0.12	1.70
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	207		0	NC	4		59	21	293
Retinol.....µg	201		0	BFFN	4		57	21	286
Carotene, beta.....µg	66		0	BFFN	4		19	7	94
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	781		0	NC	4		221	80	1109
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.22		0	BFFN	4		0.06	0.02	0.32
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.1	0.0	0.7
Vitamin D.....IU	19		0	BFFN	4		5	2	27
Vitamin K (phylloquinone).....µg	1.7		0	BFFN	4		0.5	0.2	2.4
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01033
Cheese, parmesan, hard

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
					Confidence			
					Code			
Lipids:								
Fatty acids, total saturated.....g	16.410		0		1	4.652	1.690	23.302
4:0.....g	1.299		1		1	0.368	0.134	1.845
6:0.....g	0.487		1		1	0.138	0.050	0.692
8:0.....g	0.260		1		1	0.074	0.027	0.369
10:0.....g	0.648		1		1	0.184	0.067	0.920
12:0.....g	0.873		1		1	0.247	0.090	1.240
13:0.....g								
14:0.....g	2.911		1		1	0.825	0.300	4.134
15:0.....g								
16:0.....g	6.966		1		1	1.975	0.717	9.892
17:0.....g								
18:0.....g	2.301		1		1	0.652	0.237	3.267
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.515		0		1	2.131	0.774	10.671
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.394		1		1	0.112	0.041	0.559
17:1.....g								
18:1 undifferentiated.....g	6.656		1		1	1.887	0.686	9.452
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.569		0		1	0.161	0.059	0.808
18:2 undifferentiated.....g	0.272		1		1	0.077	0.028	0.386
18:3 undifferentiated.....g	0.297		1		1	0.084	0.031	0.422
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	68	2.998	4		1	19	7	96
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.482		0		1	0.137	0.050	0.684
Threonine.....g	1.317		0		1	0.373	0.136	1.870
Isoleucine.....g	1.894		0		1	0.537	0.195	2.689
Leucine.....g	3.452		0		1	0.979	0.356	4.902
Lysine.....g	3.306		0		1	0.937	0.341	4.695
Methionine.....g	0.958		0		1	0.272	0.099	1.360
Cystine.....g	0.235		0		1	0.067	0.024	0.334
Phenylalanine.....g	1.922		0		1	0.545	0.198	2.729
Tyrosine.....g	1.995		0		1	0.566	0.205	2.833
Valine.....g	2.454		0		1	0.696	0.253	3.485
Arginine.....g	1.317		0		1	0.373	0.136	1.870
Histidine.....g	1.384		0		1	0.392	0.143	1.965
Alanine.....g	1.048		0		1	0.297	0.108	1.488
Aspartic acid.....g	2.236		0		1	0.634	0.230	3.175
Glutamic acid.....g	8.209		0		1	2.327	0.846	11.657
Glycine.....g	0.622		0		1	0.176	0.064	0.883
Proline.....g	4.180		0		1	1.185	0.431	5.936
Serine.....g	2.068		0		1	0.586	0.213	2.937
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 01033
Cheese, parmesan, hard

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 10.3g: 1 cubic inch
Measure 3 = 142g: 5 package (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43340
Cheese, parmesan, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	22.20		0		4		22.20	1.11	
Energy.....kcal	451		0	NC	4		451	23	
Energy.....kJ	1887		0	NC	4		1887	94	
Protein.....g	41.60		0		1		41.60	2.08	
Total lipid (fat).....g	29.99		0		1		29.99	1.50	
Ash.....g	2.51		0	NR	4		2.51	0.13	
Carbohydrate, by difference.....g	3.70		0	NC	4		3.70	0.19	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	0.85		0	BFNN	4		0.85	0.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	800		0	O	4		800	40	
Iron, Fe.....mg	0.95		0		1		0.95	0.05	
Magnesium, Mg.....mg	51		0		1		51	3	
Phosphorus, P.....mg	807		0		1		807	40	
Potassium, K.....mg	107		0		1		107	5	
Sodium, Na.....mg	63		0		4		63	3	
Zinc, Zn.....mg	3.19		0		1		3.19	0.16	
Copper, Cu.....mg	0.037		0		1		0.037	0.002	
Manganese, Mn.....mg									
Selenium, Se.....µg	23.9		0	BFNN	4		23.9	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.040		0		1		0.040	0.002	
Riboflavin.....mg	0.390		0		1		0.390	0.020	
Niacin.....mg	0.320		0		1		0.320	0.016	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0		1		0.100	0.005	
Folate, total.....µg	10		0	NR	4		10	0	
Folic acid.....µg	0		0	BFNN	4		0	0	
Folate, food.....µg	10		0	BFNN	4		10	0	
Folate, DFE.....µg	10		0	NC	4		10	0	
Choline, total.....mg	15.4		0	T	4		15.4	0.8	
Betaine.....mg									
Vitamin B-12.....µg	1.40		0		1		1.40	0.07	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	125		0	NC	4		125	6	
Retinol.....µg	123		0	BFFN	4		123	6	
Carotene, beta.....µg	32		0	BFFN	4		32	2	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	463		0	NC	4		463	23	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFFN	4		0.27	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.6	0.0	
Vitamin D.....IU	22		0	BFFN	4		22	1	
Vitamin K (phylloquinone).....µg	2.0		0	BFFN	4		2.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43340
Cheese, parmesan, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	19.051		0		4		19.051	0.953	
4:0.....g	1.509		0		4		1.509	0.075	
6:0.....g	0.559		0		4		0.559	0.028	
8:0.....g	0.300		0		4		0.300	0.015	
10:0.....g	0.749		0		4		0.749	0.037	
12:0.....g	1.019		0		4		1.019	0.051	
13:0.....g									
14:0.....g	3.377		0		4		3.377	0.169	
15:0.....g									
16:0.....g	8.092		0		4		8.092	0.405	
17:0.....g									
18:0.....g	2.677		0		4		2.677	0.134	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.721		0		4		8.721	0.436	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		4		0.460	0.023	
17:1.....g									
18:1 undifferentiated.....g	7.732		0		4		7.732	0.387	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.659		0		4		0.659	0.033	
18:2 undifferentiated.....g	0.320		0		4		0.320	0.016	
18:3 undifferentiated.....g	0.340		0		4		0.340	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		79	4	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup, grated

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01146
Cheese, parmesan, shredded

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				
									Confidence Code
Proximates:									
Water.....g	25.00		0		1	1.25			
Energy.....kcal	415		0	NC	4	21			
Energy.....kJ	1737		0	NC	4	87			
Protein (N x 6.38).....g	37.86		0		1	1.89			
Total lipid (fat).....g	27.34		0		1	1.37			
Ash.....g	6.39		0		1	0.32			
Carbohydrate, by difference.....g	3.41		0	NC	4	0.17			
Fiber, total dietary.....g	0.0		0		4	0.0			
Sugars, total.....g	0.90		0	BFZN	4	0.04			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1253		0		1	63			
Iron, Fe.....mg	0.87		0		1	0.04			
Magnesium, Mg.....mg	51	1.014	4		1	3			
Phosphorus, P.....mg	735		0		1	37			
Potassium, K.....mg	97		0		1	5			
Sodium, Na.....mg	1696		0		1	85			
Zinc, Zn.....mg	3.19	0.050	4		1	0.16			
Copper, Cu.....mg	0.037		0		1	0.002			
Manganese, Mn.....mg	0.023		0		1	0.001			
Selenium, Se.....µg	23.9		0	BFNN	4	1.2			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0			
Thiamin.....mg	0.041		0		1	0.002			
Riboflavin.....mg	0.352		0		1	0.018			
Niacin.....mg	0.287		0		1	0.014			
Pantothenic acid.....mg	0.527		1		1	0.026			
Vitamin B-6.....mg	0.105	0.004	15		1	0.005			
Folate, total.....µg	8	0.856	20		1	0			
Folic acid.....µg	0		0	Z	7	0			
Folate, food.....µg	8	0.856	20		1	0			
Folate, DFE.....µg	8		0	NC	4	0			
Choline, total.....mg	15.4		0	T	4	0.8			
Betaine.....mg									
Vitamin B-12.....µg	1.40		0		4	0.07			
Vitamin B-12, added.....µg	0.00		0	BFZN	4	0.00			
Vitamin A, RAE.....µg	229		0	NC	4	11			
Retinol.....µg	223		0	BFZN	4	11			
Carotene, beta.....µg	73		0	BFZN	4	4			
Carotene, alpha.....µg	0		0	BFZN	4	0			
Cryptoxanthin, beta.....µg	0		0	BFZN	4	0			
Vitamin A, IU.....IU	865		0	NC	4	43			
Lycopene.....µg	0		0	BFZN	4	0			
Lutein + zeaxanthin.....µg	0		0	BFZN	4	0			
Vitamin E (alpha-tocopherol).....mg	0.25		0	BFZN	4	0.01			
Vitamin E, added.....mg	0.00		0	BFZN	4	0.00			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1	0.0			
Vitamin D.....IU	21		0	BFZN	4	1			
Vitamin K (phylloquinone).....µg	1.9		0	BFZN	4	0.1			
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01146
Cheese, parmesan, shredded

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.370		0		1		0.869		
4:0.....g	1.375		1		1		0.069		
6:0.....g	0.515		1		1		0.026		
8:0.....g	0.275		1		1		0.014		
10:0.....g	0.686		1		1		0.034		
12:0.....g	0.920		1		1		0.046		
13:0.....g									
14:0.....g	3.079		1		1		0.154		
15:0.....g									
16:0.....g	7.378		1		1		0.369		
17:0.....g									
18:0.....g	2.432		1		1		0.122		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.734		0		1		0.437		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.458		1		1		0.023		
17:1.....g									
18:1 undifferentiated.....g	7.050		0		1		0.353		
20:1.....g	0.177		0	BFZN	4		0.009		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.661		0		1		0.033		
18:2 undifferentiated.....g	0.290		0		1		0.015		
18:3 undifferentiated.....g	0.345		1		1		0.017		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.560		0		1		0.028		
Threonine.....g	1.531		0		1		0.077		
Isoleucine.....g	2.202		0		1		0.110		
Leucine.....g	4.013		0		1		0.201		
Lysine.....g	3.843		0		1		0.192		
Methionine.....g	1.114		0		1		0.056		
Cystine.....g	0.274		0		1		0.014		
Phenylalanine.....g	2.234		0		1		0.112		
Tyrosine.....g	2.319		0		1		0.116		
Valine.....g	2.853		0		1		0.143		
Arginine.....g	1.531		0		1		0.077		
Histidine.....g	1.609		0		1		0.080		
Alanine.....g	1.218		0		1		0.061		
Aspartic acid.....g	2.599		0		1		0.130		
Glutamic acid.....g	9.543		0		1		0.477		
Glycine.....g	0.723		0		1		0.036		
Proline.....g	4.860		0		1		0.243		
Serine.....g	2.404		0		1		0.120		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		

NDB No. 01146
Cheese, parmesan, shredded

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01042
Cheese, pasteurized process, American, fortified with vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.61	0.105	13	A	1		11.23	11.09	8.32
Energy.....kcal	366		0	NC	4		104	102	77
Energy.....kJ	1531		0	NC	4		434	429	322
Protein (N x 6.38).....g	18.13	0.128	13	A	1		5.14	5.08	3.81
Total lipid (fat).....g	30.71	0.055	13	A	1		8.71	8.60	6.45
Ash.....g	6.78	0.124	13	A	1		1.92	1.90	1.42
Carbohydrate, by difference.....g	4.78		0	NC	4		1.35	1.34	1.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	2.26	0.092	5	A	1		0.64	0.63	0.48
Sucrose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Lactose.....g	2.15	0.092	5	A	1		0.61	0.60	0.45
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose.....g	0.11	0.000	5	A	1		0.03	0.03	0.02
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1045	34.600	19	A	1		296	293	219
Iron, Fe.....mg	0.63	0.027	19	A	1		0.18	0.18	0.13
Magnesium, Mg.....mg	26	0.182	19	A	1		7	7	5
Phosphorus, P.....mg	641	14.828	19	A	1		182	179	135
Potassium, K.....mg	132	3.899	19	A	1		37	37	28
Sodium, Na.....mg	1671	21.213	19	A	1		474	468	351
Zinc, Zn.....mg	2.49	0.027	19	A	1		0.71	0.70	0.52
Copper, Cu.....mg	0.046	0.005	19	A	1		0.013	0.013	0.010
Manganese, Mn.....mg	0.041	0.001	19	A	1		0.012	0.012	0.009
Selenium, Se.....µg	20.2		3	A	1		5.7	5.7	4.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.015		2	A	1		0.004	0.004	0.003
Riboflavin.....mg	0.234	0.003	4	A	1		0.066	0.066	0.049
Niacin.....mg	0.076		2	A	1		0.021	0.021	0.016
Pantothenic acid.....mg	0.403		2	A	1		0.114	0.113	0.085
Vitamin B-6.....mg	0.054		2	A	1		0.015	0.015	0.011
Folate, total.....µg	8	0.235	26		1		2	2	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	8	0.235	26		1		2	2	2
Folate, DFE.....µg	8		0	NC	4		2	2	2
Choline, total.....mg	19.2		0	AS	1		5.4	5.4	4.0
Betaine.....mg	2.7		1	A	1		0.8	0.7	0.6
Vitamin B-12.....µg	1.50	0.030	4	A	1		0.42	0.42	0.31
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	317		0	AS	1		90	89	67
Retinol.....µg	313		3	A	1		89	88	66
Carotene, beta.....µg	49		3	A	1		14	14	10
Carotene, alpha.....µg	0		3	A	1		0	0	0
Cryptoxanthin, beta.....µg	7		3	A	1		2	2	1
Vitamin A, IU.....IU	1131		0	AS	1		321	317	237
Lycopene.....µg	0		3	A	1		0	0	0
Lutein + zeaxanthin.....µg	21		3	A	1		6	6	4
Vitamin E (alpha-tocopherol).....mg	0.80		2	A	1		0.23	0.22	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.13		2	A	1		0.04	0.04	0.03
Tocopherol, delta.....mg	0.04		2	A	1		0.01	0.01	0.01
Tocotrienol, alpha.....mg	0.02		2	A	1		0.01	0.01	0.00
Tocotrienol, beta.....mg	0.02		2	A	1		0.00	0.00	0.00

NDB No. 01042

Cheese, pasteurized process, American, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03		2	A	1		0.01	0.01	0.01
Tocotrienol, delta.....mg	0.08		2	A	1		0.02	0.02	0.02
Vitamin D (D2 + D3).....µg	7.5		2	AS	1		2.1	2.1	1.6
Vitamin D2 (ergocalciferol).....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	7.5		1	A	1		2.1	2.1	1.6
Vitamin D.....IU	301		1	A	1		85	84	63
Vitamin K (phylloquinone).....µg	3.7		2	A	1		1.1	1.0	0.8
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg	14.1		2	A	1		4.0	3.9	3.0
Lipids:									
Fatty acids, total saturated.....g	18.057		0	NC	4		5.119	5.056	3.792
4:0.....g	0.615	0.012	5	A	1		0.174	0.172	0.129
6:0.....g	0.509	0.004	5	A	1		0.144	0.143	0.107
8:0.....g	0.332	0.004	5	A	1		0.094	0.093	0.070
10:0.....g	0.802	0.006	5	A	1		0.227	0.225	0.168
12:0.....g	0.884	0.013	5	A	1		0.251	0.247	0.186
13:0.....g									
14:0.....g	2.937	0.027	5	A	1		0.833	0.822	0.617
15:0.....g	0.311	0.002	5	A	1		0.088	0.087	0.065
16:0.....g	8.161	0.081	5	A	1		2.314	2.285	1.714
17:0.....g	0.190	0.000	5	A	1		0.054	0.053	0.040
18:0.....g	3.222	0.056	5	A	1		0.913	0.902	0.677
20:0.....g	0.047	0.002	5	A	1		0.013	0.013	0.010
22:0.....g	0.021	0.001	5	A	1		0.006	0.006	0.004
24:0.....g	0.009	0.000	5	A	1		0.003	0.003	0.002
Fatty acids, total monounsaturated.....g	8.236		0	NC	4		2.335	2.306	1.730
14:1.....g	0.245	0.005	5	A	1		0.069	0.068	0.051
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.500	0.014	5	AS	1		0.142	0.140	0.105
16:1 c.....g	0.394	0.014	5	A	1		0.112	0.110	0.083
16:1 t.....g	0.106	0.000	5	A	1		0.030	0.030	0.022
17:1.....g	0.061	0.001	5	A	1		0.017	0.017	0.013
18:1 undifferentiated.....g	7.204	0.046	5	AS	1		2.042	2.017	1.513
18:1 c.....g	6.360	0.047	5	A	1		1.803	1.781	1.336
18:1 t.....g	0.844	0.005	5	A	1		0.239	0.236	0.177
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.224	0.006	5	A	1		0.064	0.063	0.047
22:1 undifferentiated.....g	0.001	0.001	5	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	5	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	5	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.286		0	NC	4		0.365	0.360	0.270
18:2 undifferentiated.....g	1.003	0.022	5	AS	1		0.284	0.281	0.211
18:2 n-6 c,c.....g	0.790	0.016	5	A	1		0.224	0.221	0.166
18:2 CLAs.....g	0.018	0.001	5	A	1		0.005	0.005	0.004
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.194	0.006	5	A	1		0.055	0.054	0.041
18:3 undifferentiated.....g	0.138	0.003	5	AS	1		0.039	0.039	0.029
18:3 n-3 c,c,c (ALA).....g	0.137	0.003	5	A	1		0.039	0.038	0.029
18:3 n-6 c,c,c.....g	0.001	0.000	5	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.007	0.000	5	A	1		0.002	0.002	0.002
20:2 n-6 c,c.....g	0.009	0.000	5	A	1		0.002	0.002	0.002
20:3 undifferentiated.....g	0.034	0.001	5	AS	1		0.010	0.010	0.007
20:3 n-3.....g									
20:3 n-6.....g	0.033	0.001	5	A	1		0.009	0.009	0.007
20:4 undifferentiated.....g	0.045	0.001	5	A	1		0.013	0.013	0.009
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.012	0.001	5	A	1		0.003	0.003	0.002
21:5.....g									
22:4.....g	0.008	0.000	5	A	1		0.002	0.002	0.002
22:5 n-3 (DPA).....g	0.021	0.001	5	A	1		0.006	0.006	0.004

NDB No. 01042
Cheese, pasteurized process, American, fortified with vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
22:6 n-3 (DHA).....g	0.006	0.001	5	A	1	0.002	0.002	0.001
Fatty acids, total trans.....g	1.144		0	NC	4	0.324	0.320	0.240
Fatty acids, total trans-monoenoic.....g	0.950		0	NC	4	0.269	0.266	0.200
Fatty acids, total trans-polyenoic.....g	0.194		0	NC	4	0.055	0.054	0.041
Cholesterol.....mg	100		3	A	1	28	28	21
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.232		0	A	1	0.066	0.065	0.049
Threonine.....g	0.772		0	A	1	0.219	0.216	0.162
Isoleucine.....g	0.938		0	A	1	0.266	0.263	0.197
Leucine.....g	1.716		0	A	1	0.487	0.481	0.360
Lysine.....g	1.516		0	A	1	0.430	0.425	0.318
Methionine.....g	0.475		0	A	1	0.135	0.133	0.100
Cystine.....g	0.110		0	A	1	0.031	0.031	0.023
Phenylalanine.....g	0.939		0	A	1	0.266	0.263	0.197
Tyrosine.....g	0.916		0	A	1	0.260	0.256	0.192
Valine.....g	1.187		0	A	1	0.337	0.332	0.249
Arginine.....g	0.518		0	A	1	0.147	0.145	0.109
Histidine.....g	0.546		0	A	1	0.155	0.153	0.115
Alanine.....g	0.613		0	A	1	0.174	0.172	0.129
Aspartic acid.....g	1.551		0	A	1	0.440	0.434	0.326
Glutamic acid.....g	4.073		0	A	1	1.155	1.140	0.855
Glycine.....g	0.359		0	A	1	0.102	0.100	0.075
Proline.....g	1.788		0	A	1	0.507	0.501	0.376
Serine.....g	1.093		0	A	1	0.310	0.306	0.229
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 slice (1 oz)

Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43275
Cheese, pasteurized process, American, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	58.90		0		4		82.46	66.56	10.60
Energy.....kcal	180		0		1		252	203	32
Energy.....kJ	753		0		1		1054	851	136
Protein.....g	24.60		0		1		34.44	27.80	4.43
Total lipid (fat).....g	7.00		0		1		9.80	7.91	1.26
Ash.....g	6.00		0	NR	4		8.40	6.78	1.08
Carbohydrate, by difference.....g	3.50		0	NC	4		4.90	3.96	0.63
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.59		0	BFNN	4		0.83	0.67	0.11
Starch.....g									
Minerals:									
Calcium, Ca.....mg	684		0		4		958	773	123
Iron, Fe.....mg	0.43		0		4		0.60	0.49	0.08
Magnesium, Mg.....mg	24		0		4		34	27	4
Phosphorus, P.....mg	827		0		4		1158	935	149
Potassium, K.....mg	180		0		4		252	203	32
Sodium, Na.....mg	1789		0	O	4		2505	2022	322
Zinc, Zn.....mg	3.32		0		4		4.65	3.75	0.60
Copper, Cu.....mg	0.033		0		4		0.046	0.037	0.006
Manganese, Mn.....mg									
Selenium, Se.....µg	16.6		0	BFNN	4		23.2	18.8	3.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.030		0		4		0.042	0.034	0.005
Riboflavin.....mg	0.390		0		4		0.546	0.441	0.070
Niacin.....mg	0.080		0		4		0.112	0.090	0.014
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0		4		0.112	0.090	0.014
Folate, total.....µg	9		0	NR	4		13	10	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9		0	BFNN	4		13	10	2
Folate, DFE.....µg	9		0	NC	4		13	10	2
Choline, total.....mg	36.2		0	T	4		50.7	40.9	6.5
Betaine.....mg									
Vitamin B-12.....µg	0.77		0		4		1.08	0.87	0.14
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	57		0	NC	4		80	64	10
Retinol.....µg	55		0	BFFN	4		78	63	10
Carotene, beta.....µg	18		0	BFFN	4		26	21	3
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	215		0	NC	4		301	243	39
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFZN	4		0.38	0.31	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.2	0.1	0.0
Vitamin D.....IU	5		0	BFFN	4		7	6	1
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		3.7	3.0	0.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43275

Cheese, pasteurized process, American, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	4.410		0		4		6.174	4.983	0.794
4:0.....g	0.233		0		4		0.326	0.263	0.042
6:0.....g	0.081		0		4		0.113	0.092	0.015
8:0.....g	0.085		0		4		0.119	0.096	0.015
10:0.....g	0.143		0		4		0.200	0.162	0.026
12:0.....g	0.108		0		4		0.151	0.122	0.019
13:0.....g									
14:0.....g	0.719		0		4		1.007	0.812	0.129
15:0.....g									
16:0.....g	2.038		0		4		2.853	2.303	0.367
17:0.....g									
18:0.....g	0.851		0		4		1.191	0.962	0.153
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.005		0		4		2.807	2.266	0.361
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.231		0		4		0.323	0.261	0.042
17:1.....g									
18:1 undifferentiated.....g	1.682		0		4		2.355	1.901	0.303
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0		4		0.311	0.251	0.040
18:2 undifferentiated.....g	0.137		0		4		0.192	0.155	0.025
18:3 undifferentiated.....g	0.085		0		4		0.119	0.096	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0		1		49	40	6
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01253
Cheese, pasteurized process, American, without added vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	39.61	0.105	13	A	1		11.23	8.32	11.09
Energy.....kcal	371		0	NC	4		105	78	104
Energy.....kJ	1553		0	NC	4		440	326	435
Protein (N x 6.38).....g	18.13	0.128	13	A	1		5.14	3.81	5.08
Total lipid (fat).....g	31.79		1	A	1		9.01	6.67	8.90
Ash.....g	6.78	0.124	13	A	1		1.92	1.42	1.90
Carbohydrate, by difference.....g	3.70		0	NC	4		1.05	0.78	1.04
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	2.26	0.092	5	A	1		0.64	0.48	0.63
Sucrose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Lactose.....g	2.15	0.092	5	A	1		0.61	0.45	0.60
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose.....g	0.11	0.000	5	A	1		0.03	0.02	0.03
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1045	34.600	19	A	1		296	219	293
Iron, Fe.....mg	0.63	0.027	19	A	1		0.18	0.13	0.18
Magnesium, Mg.....mg	26	0.182	19	A	1		7	5	7
Phosphorus, P.....mg	641	14.828	19	A	1		182	135	179
Potassium, K.....mg	132	3.899	19	A	1		37	28	37
Sodium, Na.....mg	1671	21.213	19	A	1		474	351	468
Zinc, Zn.....mg	2.49	0.027	19	A	1		0.71	0.52	0.70
Copper, Cu.....mg	0.046	0.005	19	A	1		0.013	0.010	0.013
Manganese, Mn.....mg	0.041	0.001	19	A	1		0.012	0.009	0.012
Selenium, Se.....µg	20.2		3	A	1		5.7	4.2	5.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.015		2	A	1		0.004	0.003	0.004
Riboflavin.....mg	0.234	0.003	4	A	1		0.066	0.049	0.066
Niacin.....mg	0.076		2	A	1		0.021	0.016	0.021
Pantothenic acid.....mg	0.403		2	A	1		0.114	0.085	0.113
Vitamin B-6.....mg	0.054		2	A	1		0.015	0.011	0.015
Folate, total.....µg	8	0.235	26		1		2	2	2
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	8	0.235	26		1		2	2	2
Folate, DFE.....µg	8		0	NC	4		2	2	2
Choline, total.....mg	36.2		0	T	4		10.3	7.6	10.1
Betaine.....mg									
Vitamin B-12.....µg	1.50	0.030	4	A	1		0.42	0.31	0.42
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	250		0	NC	4		71	52	70
Retinol.....µg	243		0	BFFN	4		69	51	68
Carotene, beta.....µg	80		0	BFFN	4		23	17	22
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	945		0	NC	4		268	198	264
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.80		2	A	1		0.23	0.17	0.22
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.13		2	A	1		0.04	0.03	0.04
Tocopherol, delta.....mg	0.04		2	A	1		0.01	0.01	0.01
Tocotrienol, alpha.....mg	0.02		2	A	1		0.01	0.00	0.01
Tocotrienol, beta.....mg	0.02		2	A	1		0.00	0.00	0.00

NDB No. 01253

Cheese, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
						measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03		2	A	1		0.01	0.01	0.01
Tocotrienol, delta.....mg	0.08		2	A	1		0.02	0.02	0.02
Vitamin D (D2 + D3).....µg	0.6		1	AS	1		0.2	0.1	0.2
Vitamin D2 (ergocalciferol).....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.6		0	BFFN	4		0.2	0.1	0.2
Vitamin D.....IU	23		0	BFFN	4		7	5	6
Vitamin K (phylloquinone).....µg	2.6		0	BFFN	4		0.7	0.5	0.7
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	18.057		0	NC	4		5.119	3.792	5.056
4:0.....g	0.615	0.012	5	A	1		0.174	0.129	0.172
6:0.....g	0.509	0.004	5	A	1		0.144	0.107	0.143
8:0.....g	0.332	0.004	5	A	1		0.094	0.070	0.093
10:0.....g	0.802	0.006	5	A	1		0.227	0.168	0.225
12:0.....g	0.884	0.013	5	A	1		0.251	0.186	0.247
13:0.....g									
14:0.....g	2.937	0.027	5	A	1		0.833	0.617	0.822
15:0.....g	0.311	0.002	5	A	1		0.088	0.065	0.087
16:0.....g	8.161	0.081	5	A	1		2.314	1.714	2.285
17:0.....g	0.190	0.000	5	A	1		0.054	0.040	0.053
18:0.....g	3.222	0.056	5	A	1		0.913	0.677	0.902
20:0.....g	0.047	0.002	5	A	1		0.013	0.010	0.013
22:0.....g	0.021	0.001	5	A	1		0.006	0.004	0.006
24:0.....g	0.009	0.000	5	A	1		0.003	0.002	0.003
Fatty acids, total monounsaturated.....g	8.236		0	NC	4		2.335	1.730	2.306
14:1.....g	0.245	0.005	5	A	1		0.069	0.051	0.068
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.500	0.014	5	AS	1		0.142	0.105	0.140
16:1 c.....g	0.394	0.014	5	A	1		0.112	0.083	0.110
16:1 t.....g	0.106	0.000	5	A	1		0.030	0.022	0.030
17:1.....g	0.061	0.001	5	A	1		0.017	0.013	0.017
18:1 undifferentiated.....g	7.204	0.046	5	AS	1		2.042	1.513	2.017
18:1 c.....g	6.360	0.047	5	A	1		1.803	1.336	1.781
18:1 t.....g	0.844	0.005	5	A	1		0.239	0.177	0.236
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.224	0.006	5	A	1		0.064	0.047	0.063
22:1 undifferentiated.....g	0.001	0.001	5	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	5	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	5	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.286		0	NC	4		0.365	0.270	0.360
18:2 undifferentiated.....g	1.003	0.022	5	AS	1		0.284	0.211	0.281
18:2 n-6 c,c.....g	0.790	0.016	5	A	1		0.224	0.166	0.221
18:2 CLAs.....g	0.018	0.001	5	A	1		0.005	0.004	0.005
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.194	0.006	5	A	1		0.055	0.041	0.054
18:3 undifferentiated.....g	0.138	0.003	5	AS	1		0.039	0.029	0.039
18:3 n-3 c,c,c (ALA).....g	0.137	0.003	5	A	1		0.039	0.029	0.038
18:3 n-6 c,c,c.....g	0.001	0.000	5	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.007	0.000	5	A	1		0.002	0.002	0.002
20:2 n-6 c,c.....g	0.009	0.000	5	A	1		0.002	0.002	0.002
20:3 undifferentiated.....g	0.034	0.001	5	AS	1		0.010	0.007	0.010
20:3 n-3.....g	0.001	0.000	5	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.033	0.001	5	A	1		0.009	0.007	0.009
20:4 undifferentiated.....g	0.045	0.001	5	A	1		0.013	0.009	0.013
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.012	0.001	5	A	1		0.003	0.002	0.003
21:5.....g									
22:4.....g	0.008	0.000	5	A	1		0.002	0.002	0.002
22:5 n-3 (DPA).....g	0.021	0.001	5	A	1		0.006	0.004	0.006

NDB No. 01253
Cheese, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Number of Data			Deriv	Source	Confidence			
	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.006	0.001	5	A	1		0.002	0.001	0.002
Fatty acids, total trans.....g	1.144		0	NC	4		0.324	0.240	0.320
Fatty acids, total trans-monoenoic.....g	0.950		0	NC	4		0.269	0.200	0.266
Fatty acids, total trans-polyenoic.....g	0.194		0	NC	4		0.055	0.041	0.054
Cholesterol.....mg	100		3	A	1		28	21	28
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.232		0	A	1		0.066	0.049	0.065
Threonine.....g	0.772		0	A	1		0.219	0.162	0.216
Isoleucine.....g	0.938		0	A	1		0.266	0.197	0.263
Leucine.....g	1.716		0	A	1		0.487	0.360	0.481
Lysine.....g	1.516		0	A	1		0.430	0.318	0.425
Methionine.....g	0.475		0	A	1		0.135	0.100	0.133
Cystine.....g	0.110		0	A	1		0.031	0.023	0.031
Phenylalanine.....g	0.939		0	A	1		0.266	0.197	0.263
Tyrosine.....g	0.916		0	A	1		0.260	0.192	0.256
Valine.....g	1.187		0	A	1		0.337	0.249	0.332
Arginine.....g	0.518		0	A	1		0.147	0.109	0.145
Histidine.....g	0.546		0	A	1		0.155	0.115	0.153
Alanine.....g	0.613		0	A	1		0.174	0.129	0.172
Aspartic acid.....g	1.551		0	A	1		0.440	0.326	0.434
Glutamic acid.....g	4.073		0	A	1		1.155	0.855	1.140
Glycine.....g	0.359		0	A	1		0.102	0.075	0.100
Proline.....g	1.788		0	A	1		0.507	0.376	0.501
Serine.....g	1.093		0	A	1		0.310	0.229	0.306
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (3/4 oz)

Measure 3 = 28g: 1 slice (1 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, pasteurized process, cheddar or American, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
Proximates:								
Water.....g	56.90		0		1		9.10	11.95
Energy.....kcal	148		0		1		24	31
Energy.....kJ	619		0		1		99	130
Protein.....g	22.50		0		1		3.60	4.73
Total lipid (fat).....g	0.80		0		1		0.13	0.17
Ash.....g	6.40		0	NR	4		1.02	1.34
Carbohydrate, by difference.....g	13.40		0	NC	4		2.14	2.81
Fiber, total dietary.....g	0.0		0		7		0.0	0.0
Sugars, total.....g	9.95		0	BFNN	4		1.59	2.09
Starch.....g								
Minerals:								
Calcium, Ca.....mg	689		0		1		110	145
Iron, Fe.....mg	0.28		0		1		0.04	0.06
Magnesium, Mg.....mg	36		0		1		6	8
Phosphorus, P.....mg	936		0		1		150	197
Potassium, K.....mg	288		0		1		46	60
Sodium, Na.....mg	1528		0		1		244	321
Zinc, Zn.....mg	3.42		0		1		0.55	0.72
Copper, Cu.....mg	0.019		0		1		0.003	0.004
Manganese, Mn.....mg								
Selenium, Se.....µg	20.6		0	BFNN	4		3.3	4.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0
Thiamin.....mg	0.060		0		1		0.010	0.013
Riboflavin.....mg	0.480		0		1		0.077	0.101
Niacin.....mg	0.210		0		1		0.034	0.044
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.090		0		1		0.014	0.019
Folate, total.....µg	27		0		1		4	6
Folic acid.....µg	0		0	Z	7		0	0
Folate, food.....µg	27		0	NR	4		4	6
Folate, DFE.....µg	27		0	NC	4		4	6
Choline, total.....mg	15.4		0	CAZN	4		2.5	3.2
Betaine.....mg								
Vitamin B-12.....µg	1.12		0		1		0.18	0.24
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00
Vitamin A, RAE.....µg	440		0	NC	4		70	92
Retinol.....µg	440		0	NC	4		70	92
Carotene, beta.....µg	0		0	Z	7		0	0
Carotene, alpha.....µg	0		0	Z	7		0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0
Vitamin A, IU.....IU	1467		0	NC	4		235	308
Lycopene.....µg	0		0	Z	7		0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFZN	4		0.04	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0
Vitamin K (phylloquinone).....µg	2.7		0	BFZN	4		0.4	0.6
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 42205

Cheese, pasteurized process, cheddar or American, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.504		0		1		0.081	0.106	
4:0.....g	0.027		0		4		0.004	0.006	
6:0.....g	0.009		0		4		0.001	0.002	
8:0.....g	0.010		0		4		0.002	0.002	
10:0.....g	0.016		0		4		0.003	0.003	
12:0.....g	0.012		0		4		0.002	0.003	
13:0.....g									
14:0.....g	0.082		0		4		0.013	0.017	
15:0.....g									
16:0.....g	0.233		0		4		0.037	0.049	
17:0.....g									
18:0.....g	0.097		0		4		0.016	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.229		0		1		0.037	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		4		0.004	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.192		0		4		0.031	0.040	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		1		0.004	0.005	
18:2 undifferentiated.....g	0.016		0		4		0.003	0.003	
18:3 undifferentiated.....g	0.010		0		4		0.002	0.002	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 cubic inch

Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43398
Cheese, pasteurized process, cheddar or American, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.80		0		4		59.92	48.36	7.70
Energy.....kcal	376		0	NC	4		526	425	68
Energy.....kJ	1573		0	NC	4		2202	1777	283
Protein.....g	22.20		0		4		31.08	25.09	4.00
Total lipid (fat).....g	31.19		0		4		43.66	35.24	5.61
Ash.....g	2.21		0	NR	4		3.10	2.50	0.40
Carbohydrate, by difference.....g	1.60		0		4		2.24	1.81	0.29
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.45		0	BFNN	4		0.63	0.51	0.08
Starch.....g									
Minerals:									
Calcium, Ca.....mg	616		0		4		862	696	111
Iron, Fe.....mg	0.39		0		4		0.55	0.44	0.07
Magnesium, Mg.....mg	22		0		4		31	25	4
Phosphorus, P.....mg	745		0		4		1043	842	134
Potassium, K.....mg	162		0		4		227	183	29
Sodium, Na.....mg	7		0		4		10	8	1
Zinc, Zn.....mg	2.99		0		4		4.19	3.38	0.54
Copper, Cu.....mg	0.030		0		4		0.042	0.034	0.005
Manganese, Mn.....mg									
Selenium, Se.....µg	12.7		0	BFNN	4		17.8	14.4	2.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.030		0		4		0.042	0.034	0.005
Riboflavin.....mg	0.350		0		4		0.490	0.396	0.063
Niacin.....mg	0.070		0		4		0.098	0.079	0.013
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0		4		0.098	0.079	0.013
Folate, total.....µg	8		0		4		11	9	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	8		0	NR	4		11	9	1
Folate, DFE.....µg	8		0	NC	4		11	9	1
Choline, total.....mg	36.2		0	T	4		50.7	40.9	6.5
Betaine.....mg									
Vitamin B-12.....µg	0.70		0		4		0.98	0.79	0.13
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	254		0	NC	4		355	287	46
Retinol.....µg	247		0	BFFN	4		346	279	44
Carotene, beta.....µg	81		0	BFFN	4		114	92	15
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	959		0	NC	4		1342	1083	173
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFFN	4		0.38	0.31	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.8	0.6	0.1
Vitamin D.....IU	23		0	BFFN	4		32	26	4
Vitamin K (phylloquinone).....µg	2.6		0	BFFN	4		3.7	3.0	0.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43398
Cheese, pasteurized process, cheddar or American, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	19.651		0		4		27.511	22.206	3.537
4:0.....g	1.038		0		4		1.453	1.173	0.187
6:0.....g	0.359		0		4		0.503	0.406	0.065
8:0.....g	0.379		0		4		0.531	0.428	0.068
10:0.....g	0.639		0		4		0.895	0.722	0.115
12:0.....g	0.479		0		4		0.671	0.541	0.086
13:0.....g									
14:0.....g	3.204		0		4		4.486	3.621	0.577
15:0.....g									
16:0.....g	9.082		0		4		12.715	10.263	1.635
17:0.....g									
18:0.....g	3.792		0		4		5.309	4.285	0.683
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.932		0		4		12.505	10.093	1.608
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.028		0		4		1.439	1.162	0.185
17:1.....g									
18:1 undifferentiated.....g	7.495		0		4		10.493	8.469	1.349
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.988		0		4		1.383	1.116	0.178
18:2 undifferentiated.....g	0.609		0		4		0.853	0.688	0.110
18:3 undifferentiated.....g	0.379		0		4		0.531	0.428	0.068
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		4		132	106	17
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced
 Measure 2 = 113g: 1 cup, shredded
 Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cheese, pasteurized process, pimento

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number of Data Points		Deriv Code	Source Code	Confidence Code		Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	39.08		0		1		54.71	95.36	44.16
Energy.....kcal	375		0	NC	4		526	916	424
Energy.....kJ	1571		0		4		2199	3833	1775
Protein (N x 6.38).....g	22.13		0		1		30.98	54.00	25.01
Total lipid (fat).....g	31.20		0		1		43.68	76.13	35.26
Ash.....g	5.84		0		1		8.18	14.25	6.60
Carbohydrate, by difference.....g	1.73		0	NC	4		2.42	4.22	1.95
Fiber, total dietary.....g	0.1		0	RA	4		0.1	0.2	0.1
Sugars, total.....g	0.62		0	RA	4		0.87	1.52	0.71
Starch.....g									
Minerals:									
Calcium, Ca.....mg	614		0		1		860	1499	694
Iron, Fe.....mg	0.42		0		1		0.59	1.02	0.47
Magnesium, Mg.....mg	22		0		1		31	54	25
Phosphorus, P.....mg	744		0		1		1041	1815	840
Potassium, K.....mg	162		0		1		226	395	183
Sodium, Na.....mg	915		0	NR	4		1281	2233	1034
Zinc, Zn.....mg	2.98		0		1		4.17	7.27	3.37
Copper, Cu.....mg	0.033		0		1		0.046	0.081	0.037
Manganese, Mn.....mg	0.016		0		1		0.022	0.039	0.018
Selenium, Se.....µg	14.5		0	BFNN	4		20.3	35.4	16.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		0		4		3.2	5.5	2.5
Thiamin.....mg	0.027		0		1		0.038	0.066	0.031
Riboflavin.....mg	0.354		0		1		0.496	0.864	0.400
Niacin.....mg	0.078		0		1		0.109	0.190	0.088
Pantothenic acid.....mg	0.485		0		1		0.679	1.183	0.548
Vitamin B-6.....mg	0.071		0		1		0.099	0.173	0.080
Folate, total.....µg	8		0		1		11	19	9
Folic acid.....µg	0		0	RA	4		0	0	0
Folate, food.....µg	8		0	RA	4		11	19	9
Folate, DFE.....µg	8		0	NC	4		11	19	9
Choline, total.....mg	34.7		0	RA	4		48.6	84.7	39.2
Betaine.....mg									
Vitamin B-12.....µg	0.70		0		1		0.97	1.70	0.79
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	244		0	NC	4		342	596	276
Retinol.....µg	231		0	RA	4		324	564	261
Carotene, beta.....µg	150		0	RA	4		210	366	169
Carotene, alpha.....µg	12		0	RA	4		17	29	13
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	1030		0	NC	4		1442	2513	1164
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	18		0	RA	4		26	45	21
Vitamin E (alpha-tocopherol).....mg	0.29		0	RA	4		0.41	0.71	0.33
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	RA	4		0.		

NDB No. 01043
Cheese, pasteurized process, pimento

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data		Measure 1	Measure 2	Measure 3
			Points	Deriv Code			
				Source Code	Confidence Code		
Lipids:							
Fatty acids, total saturated.....g	19.663		0	1	27.528	47.978	22.219
4:0.....g	1.041		0	1	1.457	2.540	1.176
6:0.....g	0.355		0	1	0.497	0.866	0.401
8:0.....g	0.374		0	1	0.524	0.913	0.423
10:0.....g	0.641		0	1	0.897	1.564	0.724
12:0.....g	0.483		0	1	0.676	1.179	0.546
13:0.....g							
14:0.....g	3.206		0	1	4.488	7.823	3.623
15:0.....g							
16:0.....g	9.090		0	1	12.726	22.180	10.272
17:0.....g							
18:0.....g	3.790		0	1	5.306	9.248	4.283
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	8.937		0	1	12.512	21.806	10.099
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.026		0	1	1.436	2.503	1.159
17:1.....g							
18:1 undifferentiated.....g	7.499		0	1	10.499	18.298	8.474
20:1.....g	0.000		0	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.988		0	1	1.383	2.411	1.116
18:2 undifferentiated.....g	0.606		0	1	0.848	1.479	0.685
18:3 undifferentiated.....g	0.382		0	1	0.535	0.932	0.432
18:4.....g	0.000		0	1	0.000	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	1	0.000	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	1	0.000	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	94		0	1	132	230	106
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.323		0	1	0.452	0.788	0.365
Threonine.....g	0.718		0	1	1.005	1.752	0.811
Isoleucine.....g	1.023		0	1	1.432	2.496	1.156
Leucine.....g	1.956		0	1	2.738	4.773	2.210
Lysine.....g	2.196		0	1	3.074	5.358	2.481
Methionine.....g	0.572		0	1	0.801	1.396	0.646
Cystine.....g	0.142		0	1	0.199	0.346	0.160
Phenylalanine.....g	1.124		0	1	1.574	2.743	1.270
Tyrosine.....g	1.211		0	1	1.695	2.955	1.368
Valine.....g	1.325		0	1	1.855	3.233	1.497
Arginine.....g	0.926		0	1	1.296	2.259	1.046
Histidine.....g	0.902		0	1	1.263	2.201	1.019
Alanine.....g	0.555		0	1	0.777	1.354	0.627
Aspartic acid.....g	1.360		0	1	1.904	3.318	1.537
Glutamic acid.....g	4.592		0	1	6.429	11.204	5.189
Glycine.....g	0.364		0	1	0.510	0.888	0.411
Proline.....g	2.251		0	1	3.151	5.492	2.544
Serine.....g	1.068		0	1	1.495	2.606	1.207
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7	0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 140g: 1 cup, diced
Measure 2 = 244g: 1 cup, melted
Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01044
Cheese, pasteurized process, swiss

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	42.31	0.355	10		1	59.23	47.81	11.99	
Energy.....kcal	334		0	NC	4	467	377	95	
Energy.....kJ	1396		0	NC	4	1954	1577	396	
Protein (N x 6.38).....g	24.73	0.211	9		1	34.62	27.94	7.01	
Total lipid (fat).....g	25.01	0.294	10		1	35.01	28.26	7.09	
Ash.....g	5.85	0.160	8		1	8.19	6.61	1.66	
Carbohydrate, by difference.....g	2.10		0	NC	4	2.94	2.37	0.60	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	1.23		0	BFNN	4	1.72	1.39	0.35	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	772	32.904	6		1	1081	872	219	
Iron, Fe.....mg	0.61		0		1	0.85	0.69	0.17	
Magnesium, Mg.....mg	29	0.929	6		1	41	33	8	
Phosphorus, P.....mg	762	59.538	7		1	1066	860	216	
Potassium, K.....mg	216	14.471	6		1	302	244	61	
Sodium, Na.....mg	1370	64.664	6		1	1918	1548	388	
Zinc, Zn.....mg	3.61		0		1	5.05	4.08	1.02	
Copper, Cu.....mg	0.027		0		1	0.038	0.031	0.008	
Manganese, Mn.....mg	0.014		0		1	0.020	0.016	0.004	
Selenium, Se.....µg	15.9		0	BFNN	4	22.3	18.0	4.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0	0.0	
Thiamin.....mg	0.014	0.001	6		1	0.020	0.016	0.004	
Riboflavin.....mg	0.276	0.020	8		1	0.386	0.312	0.078	
Niacin.....mg	0.038	0.007	7		1	0.053	0.043	0.011	
Pantothenic acid.....mg	0.260		1		1	0.364	0.294	0.074	
Vitamin B-6.....mg	0.036	0.004	7		1	0.050	0.041	0.010	
Folate, total.....µg	6		0		4	8	7	2	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	6		0		4	8	7	2	
Folate, DFE.....µg	6		0	NC	4	8	7	2	
Choline, total.....mg	36.2		0	T	4	50.7	40.9	10.3	
Betaine.....mg									
Vitamin B-12.....µg	1.23	0.238	7		1	1.72	1.39	0.35	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	198		0	NC	4	277	223	56	
Retinol.....µg	192		0	BFFN	4	269	217	55	
Carotene, beta.....µg	63		0	BFFN	4	89	72	18	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	746		0	NC	4	1045	843	212	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.34		0	BFFN	4	0.48	0.39	0.10	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1	0.6	0.5	0.1	
Vitamin D.....IU	18		0	BFFN	4	26	21	5	
Vitamin K (phylloquinone).....µg	2.2		0	BFFN	4	3.1	2.5	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01044
Cheese, pasteurized process, swiss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	16.045		0		1		22.463	18.131	4.549
4:0.....g	0.815	0.020	5		1		1.141	0.921	0.231
6:0.....g	0.489	0.014	5		1		0.685	0.553	0.139
8:0.....g	0.275	0.014	11		1		0.385	0.311	0.078
10:0.....g	0.572	0.032	12		1		0.801	0.646	0.162
12:0.....g	0.566	0.072	12		1		0.792	0.640	0.160
13:0.....g									
14:0.....g	2.792	0.058	12		1		3.909	3.155	0.792
15:0.....g									
16:0.....g	7.188	0.210	12		1		10.063	8.122	2.038
17:0.....g									
18:0.....g	2.602	0.085	12		1		3.643	2.940	0.738
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.046		0		1		9.864	7.962	1.998
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.677	0.064	12		1		0.948	0.765	0.192
17:1.....g									
18:1 undifferentiated.....g	5.896	0.122	12		1		8.254	6.662	1.672
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.622		0		1		0.871	0.703	0.176
18:2 undifferentiated.....g	0.342	0.033	12		1		0.479	0.386	0.097
18:3 undifferentiated.....g	0.280	0.027	11		1		0.392	0.316	0.079
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		119	96	24
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.360		0		1		0.504	0.407	0.102
Threonine.....g	0.802		0		1		1.123	0.906	0.227
Isoleucine.....g	1.143		0		1		1.600	1.292	0.324
Leucine.....g	2.186		0		1		3.060	2.470	0.620
Lysine.....g	2.454		0		1		3.436	2.773	0.696
Methionine.....g	0.640		0		1		0.896	0.723	0.181
Cystine.....g	0.159		0		1		0.223	0.180	0.045
Phenylalanine.....g	1.256		0		1		1.758	1.419	0.356
Tyrosine.....g	1.353		0		1		1.894	1.529	0.384
Valine.....g	1.481		0		1		2.073	1.674	0.420
Arginine.....g	1.035		0		1		1.449	1.170	0.293
Histidine.....g	1.008		0		1		1.411	1.139	0.286
Alanine.....g	0.620		0		1		0.868	0.701	0.176
Aspartic acid.....g	1.519		0		1		2.127	1.716	0.431
Glutamic acid.....g	5.132		0		1		7.185	5.799	1.455
Glycine.....g	0.407		0		1		0.570	0.460	0.115
Proline.....g	2.516		0		1		3.522	2.843	0.713
Serine.....g	1.194		0		1		1.672	1.349	0.338
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 140g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43379

Cheese, pasteurized process, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
			Confidence Code				
Lipids:							
Fatty acids, total saturated.....g	3.303		0	4	4.624	3.732	0.595
4:0.....g	0.204		0	4	0.286	0.231	0.037
6:0.....g	0.091		0	4	0.127	0.103	0.016
8:0.....g	0.054		0	4	0.076	0.061	0.010
10:0.....g	0.115		0	4	0.161	0.130	0.021
12:0.....g	0.097		0	4	0.136	0.110	0.017
13:0.....g							
14:0.....g	0.569		0	4	0.797	0.643	0.102
15:0.....g							
16:0.....g	1.447		0	4	2.026	1.635	0.260
17:0.....g							
18:0.....g	0.604		0	4	0.846	0.683	0.109
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.351		0	4	1.891	1.527	0.243
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.164		0	4	0.230	0.185	0.030
17:1.....g							
18:1 undifferentiated.....g	1.118		0	4	1.565	1.263	0.201
20:1.....g	0.000		0	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.180		0	4	0.252	0.203	0.032
18:2 undifferentiated.....g	0.115		0	4	0.161	0.130	0.021
18:3 undifferentiated.....g	0.065		0	4	0.091	0.073	0.012
18:4.....g	0.000		0	4	0.000	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4	0.000	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4	0.000	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	35		0	4	49	40	6
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7	0	0	0
Theobromine.....mg	0		0	Z 7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Number						measures of food		
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.45	0.353	13		1		59.99	51.36	12.89
Energy.....kcal	352		0	NC	4		464	397	100
Energy.....kJ	1471		0	NC	4		1942	1662	417
Protein (N x 6.38).....g	23.78	0.246	9		1		31.39	26.87	6.74
Total lipid (fat).....g	28.20		1		1		37.22	31.87	7.99
Ash.....g	2.00		0		1		2.64	2.26	0.57
Carbohydrate, by difference.....g	0.57		0	NC	4		0.75	0.64	0.16
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.57		0	NR	4		0.75	0.64	0.16
Starch.....g									
Minerals:									
Calcium, Ca.....mg	650		4		1		858	734	184
Iron, Fe.....mg	0.43		0		4		0.57	0.49	0.12
Magnesium, Mg.....mg	24		0		4		32	27	7
Phosphorus, P.....mg	360		4		1		475	407	102
Potassium, K.....mg	136		0		4		179	153	38
Sodium, Na.....mg	534		0		1		705	603	151
Zinc, Zn.....mg	2.60		0		4		3.43	2.94	0.74
Copper, Cu.....mg	0.022		0		1		0.029	0.025	0.006
Manganese, Mn.....mg	0.011		0		1		0.015	0.012	0.003
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.014		0		4		0.018	0.016	0.004
Riboflavin.....mg	0.240		2		1		0.317	0.271	0.068
Niacin.....mg	0.060	0.008	10		1		0.079	0.068	0.017
Pantothenic acid.....mg	0.210		1		1		0.277	0.237	0.060
Vitamin B-6.....mg	0.053		0	T	4		0.070	0.060	0.015
Folate, total.....µg	18	1.835	19		1		24	21	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	18	1.835	19		1		24	21	5
Folate, DFE.....µg	18		0	NC	4		24	21	5
Choline, total.....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine.....mg									
Vitamin B-12.....µg	1.50	0.171	11		1		1.98	1.70	0.43
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	315		0	NC	4		416	356	89
Retinol.....µg	313		0	T	4		413	354	89
Carotene, beta.....µg	29		0	NR	4		38	33	8
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1092		0	NC	4		1441	1234	309
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.24		0	BFFN	4		0.32	0.27	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	AS	1		0.7	0.6	0.1
Vitamin D.....IU	21		0	BFFN	4		27	23	6
Vitamin K (phylloquinone).....µg	2.4		0	BFFN	4		3.1	2.7	0.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01034
Cheese, port de salut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Lipids:									
Fatty acids, total saturated.....g	16.691		0		1		22.032	18.861	4.732
4:0.....g	1.027		1		1		1.356	1.161	0.291
6:0.....g	0.556		1		1		0.734	0.628	0.158
8:0.....g	0.336		1		1		0.444	0.380	0.095
10:0.....g	0.681		1		1		0.899	0.770	0.193
12:0.....g	0.768		1		1		1.014	0.868	0.218
13:0.....g									
14:0.....g	2.724		1		1		3.596	3.078	0.772
15:0.....g									
16:0.....g	6.638		1		1		8.762	7.501	1.882
17:0.....g									
18:0.....g	3.350		1		1		4.422	3.786	0.950
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.338		0		1		12.326	10.552	2.647
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.833		1		1		1.100	0.941	0.236
17:1.....g									
18:1 undifferentiated.....g	8.051		1		1		10.627	9.098	2.282
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.729		0		1		0.962	0.824	0.207
18:2 undifferentiated.....g	0.378		1		1		0.499	0.427	0.107
18:3 undifferentiated.....g	0.351		1		1		0.463	0.397	0.100
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	123		1		1		162	139	35
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.343		0		1		0.453	0.388	0.097
Threonine.....g	0.876		0		1		1.156	0.990	0.248
Isoleucine.....g	1.446		0		1		1.909	1.634	0.410
Leucine.....g	2.482		0		1		3.276	2.805	0.704
Lysine.....g	1.987		0		1		2.623	2.245	0.563
Methionine.....g	0.734		0		1		0.969	0.829	0.208
Cystine.....g	0.134		0		4		0.177	0.151	0.038
Phenylalanine.....g	1.323		0		1		1.746	1.495	0.375
Tyrosine.....g	1.420		0		1		1.874	1.605	0.403
Valine.....g	1.707		0		1		2.253	1.929	0.484
Arginine.....g	0.827		0		1		1.092	0.935	0.234
Histidine.....g	0.686		0		1		0.906	0.775	0.194
Alanine.....g	0.790		0		1		1.043	0.893	0.224
Aspartic acid.....g	1.752		0		1		2.313	1.980	0.497
Glutamic acid.....g	5.349		0		1		7.061	6.044	1.516
Glycine.....g	0.485		0		1		0.640	0.548	0.137
Proline.....g	2.892		0		1		3.817	3.268	0.820
Serine.....g	1.357		0		1		1.791	1.533	0.385
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 113g: 1 cup, shredded
Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	40.95	0.661	21			1		54.05	11.61	6.96
Energy.....kcal	351		0	NC		4		464	100	60
Energy.....kJ	1471		0	NC		4		1941	417	250
Protein (N x 6.38).....g	25.58	0.349	16			1		33.77	7.25	4.35
Total lipid (fat).....g	26.62	0.341	24			1		35.14	7.55	4.53
Ash.....g	4.71	0.155	14			1		6.22	1.34	0.80
Carbohydrate, by difference.....g	2.14		0	NC		4		2.82	0.61	0.36
Fiber, total dietary.....g	0.0		0			4		0.0	0.0	0.0
Sugars, total.....g	0.56		0	BFFN		4		0.74	0.16	0.10
Starch.....g										
Minerals:										
Calcium, Ca.....mg	756	17.043	18			1		998	214	129
Iron, Fe.....mg	0.52	0.065	5			1		0.69	0.15	0.09
Magnesium, Mg.....mg	28	0.776	13			1		36	8	5
Phosphorus, P.....mg	496	16.404	13			1		655	141	84
Potassium, K.....mg	138	12.835	11			1		183	39	24
Sodium, Na.....mg	876	50.221	12			1		1156	248	149
Zinc, Zn.....mg	3.23	0.170	5			1		4.26	0.92	0.55
Copper, Cu.....mg	0.026		0			1		0.034	0.007	0.004
Manganese, Mn.....mg	0.010		0			1		0.013	0.003	0.002
Selenium, Se.....µg	14.5		0	CAZN		4		19.1	4.1	2.5
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0		0			1		0.0	0.0	0.0
Thiamin.....mg	0.019	0.004	9			1		0.025	0.005	0.003
Riboflavin.....mg	0.321	0.015	13			1		0.424	0.091	0.055
Niacin.....mg	0.156	0.023	18			1		0.206	0.044	0.027
Pantothenic acid.....mg	0.476	0.154	6			1		0.628	0.135	0.081
Vitamin B-6.....mg	0.073	0.006	28			1		0.096	0.021	0.012
Folate, total.....µg	10	1.110	15			1		14	3	2
Folic acid.....µg	0		0	Z		7		0	0	0
Folate, food.....µg	10	1.110	15			1		14	3	2
Folate, DFE.....µg	10		0	NC		4		14	3	2
Choline, total.....mg	15.4		0	T		4		20.3	4.4	2.6
Betaine.....mg										
Vitamin B-12.....µg	1.46	0.136	8			1		1.93	0.41	0.25
Vitamin B-12, added.....µg	0.00		0	Z		7		0.00	0.00	0.00
Vitamin A, RAE.....µg	236		0	NC		4		311	67	40
Retinol.....µg	230		0	T		4		304	65	39
Carotene, beta.....µg	68		0	BFFN		4		90	19	12
Carotene, alpha.....µg	0		0	Z		7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z		7		0	0	0
Vitamin A, IU.....IU	880		0	NC		4		1162	250	150
Lycopene.....µg	0		0	Z		7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z		7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.23		0	BFFN		4		0.30	0.06	0.04
Vitamin E, added.....mg	0.00		0	Z		7		0.00	0.00	0.00
Tocopherol, beta.....mg										
Tocopherol, gamma.....mg										
Tocopherol, delta.....mg										
Tocotrienol, alpha.....mg										
Tocotrienol, beta.....mg										
Tocotrienol, gamma.....mg										
Tocotrienol, delta.....mg										
Vitamin D (D2 + D3).....µg	0.5		0	AS		1		0.6	0.1	0.1
Vitamin D.....IU	20		0	BFFN		4		26	6	3
Vitamin K (phylloquinone).....µg	2.2		0	BFFN		4		2.9	0.6	0.4
Dihydrophylloquinone.....µg										
Menaquinone-4.....µg										

NDB No. 01035
Cheese, provolone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	17.078		0		1		22.543	4.842	2.903
4:0.....g	0.981		2		1		1.295	0.278	0.167
6:0.....g	0.370		2		1		0.488	0.105	0.063
8:0.....g	0.256	0.022	10		1		0.338	0.073	0.044
10:0.....g	0.482	0.034	10		1		0.636	0.137	0.082
12:0.....g	0.355	0.061	10		1		0.469	0.101	0.060
13:0.....g									
14:0.....g	2.748	0.084	10		1		3.627	0.779	0.467
15:0.....g									
16:0.....g	8.159	0.190	10		1		10.770	2.313	1.387
17:0.....g									
18:0.....g	3.063	0.121	10		1		4.043	0.868	0.521
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.393		0		1		9.759	2.096	1.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.878	0.064	10		1		1.159	0.249	0.149
17:1.....g									
18:1 undifferentiated.....g	6.164	0.174	10		1		8.136	1.747	1.048
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.769		0		1		1.015	0.218	0.131
18:2 undifferentiated.....g	0.494	0.050	10		1		0.652	0.140	0.084
18:3 undifferentiated.....g	0.275	0.022	10		1		0.363	0.078	0.047
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	69	4.603	4		1		91	20	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.345		0		4		0.455	0.098	0.059
Threonine.....g	0.982		0		1		1.296	0.278	0.167
Isoleucine.....g	1.091		0		1		1.440	0.309	0.185
Leucine.....g	2.297		0		1		3.032	0.651	0.390
Lysine.....g	2.646		0		1		3.493	0.750	0.450
Methionine.....g	0.686		0		1		0.906	0.194	0.117
Cystine.....g	0.116		0		1		0.153	0.033	0.020
Phenylalanine.....g	1.287		0		1		1.699	0.365	0.219
Tyrosine.....g	1.520		0		1		2.006	0.431	0.258
Valine.....g	1.640		0		1		2.165	0.465	0.279
Arginine.....g	1.022		0		1		1.349	0.290	0.174
Histidine.....g	1.115		0		1		1.472	0.316	0.190
Alanine.....g	0.706		0		1		0.932	0.200	0.120
Aspartic acid.....g	1.744		0		1		2.302	0.494	0.296
Glutamic acid.....g	6.235		0		1		8.230	1.768	1.060
Glycine.....g	0.433		0		1		0.572	0.123	0.074
Proline.....g	2.766		0		1		3.651	0.784	0.470
Serine.....g	1.471		0		1		1.942	0.417	0.250
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01035
Cheese, provolone

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 28.35g: 1 oz
Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	50.60		0		4		66.79	14.35	57.18
Energy.....kcal	274		0		8		362	78	310
Energy.....kJ	1146		0		8		1513	325	1295
Protein (N x 6.38).....g	24.70		0		8		32.60	7.00	27.91
Total lipid (fat).....g	17.60		0		8		23.23	4.99	19.89
Ash.....g	3.60		0		4		4.75	1.02	4.07
Carbohydrate, by difference.....g	3.50		0		8		4.62	0.99	3.96
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	0.55		0	BFNN	4		0.73	0.16	0.62
Starch.....g									
Minerals:									
Calcium, Ca.....mg	756	17.043	18		1		998	214	854
Iron, Fe.....mg	0.52	0.065	5		1		0.69	0.15	0.59
Magnesium, Mg.....mg	28	0.776	13		1		36	8	31
Phosphorus, P.....mg	496	16.404	13		1		655	141	561
Potassium, K.....mg	138	12.835	11		1		183	39	156
Sodium, Na.....mg	615		0	NR	4		812	174	695
Zinc, Zn.....mg	3.23	0.170	5		1		4.26	0.92	3.65
Copper, Cu.....mg	0.026		0		1		0.034	0.007	0.029
Manganese, Mn.....mg	0.010		0		1		0.013	0.003	0.011
Selenium, Se.....µg	14.5		0	CAZN	4		19.1	4.1	16.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.019	0.004	9		1		0.025	0.005	0.021
Riboflavin.....mg	0.321	0.015	13		1		0.424	0.091	0.363
Niacin.....mg	0.156	0.023	18		1		0.206	0.044	0.176
Pantothenic acid.....mg	0.476	0.154	6		1		0.628	0.135	0.538
Vitamin B-6.....mg	0.073	0.006	28		1		0.096	0.021	0.082
Folate, total.....µg	10	1.110	15		1		14	3	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	10	1.110	15		1		14	3	12
Folate, DFE.....µg	10		0	NC	4		14	3	12
Choline, total.....mg	12.9		0	BFSN	4		17.0	3.7	14.6
Betaine.....mg									
Vitamin B-12.....µg	1.46	0.136	8		1		1.93	0.41	1.65
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	141		0	NC	4		186	40	159
Retinol.....µg	137		0	BFFN	4		181	39	155
Carotene, beta.....µg	45		0	BFFN	4		60	13	51
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	532		0	NC	4		702	151	601
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFFN	4		0.20	0.04	0.17
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	AS	1		0.4	0.1	0.4
Vitamin D.....IU	13		0	BFFN	4		17	4	15
Vitamin K (phylloquinone).....µg	1.5		0	BFFN	4		1.9	0.4	1.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01208
Cheese, provolone, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	11.300		0		4		14.916	3.204	12.769
4:0.....g	0.650		0		4		0.858	0.184	0.735
6:0.....g	0.240		0		4		0.317	0.068	0.271
8:0.....g	0.170		0		4		0.224	0.048	0.192
10:0.....g	0.320		0		4		0.422	0.091	0.362
12:0.....g	0.230		0		4		0.304	0.065	0.260
13:0.....g									
14:0.....g	1.820		0		4		2.402	0.516	2.057
15:0.....g									
16:0.....g	5.400		0		4		7.128	1.531	6.102
17:0.....g									
18:0.....g	2.020		0		4		2.666	0.573	2.283
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.890		0		4		6.455	1.386	5.526
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		4		0.766	0.164	0.655
17:1.....g									
18:1 undifferentiated.....g	4.080		0		4		5.386	1.157	4.610
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0		4		0.673	0.145	0.576
18:2 undifferentiated.....g	0.330		0		4		0.436	0.094	0.373
18:3 undifferentiated.....g	0.180		0		4		0.238	0.051	0.203
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		8		73	16	62
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.345		0		4		0.455	0.098	0.390
Threonine.....g	0.982		0		1		1.296	0.278	1.110
Isoleucine.....g	1.091		0		1		1.440	0.309	1.233
Leucine.....g	2.297		0		1		3.032	0.651	2.596
Lysine.....g	2.646		0		1		3.493	0.750	2.990
Methionine.....g	0.686		0		1		0.906	0.194	0.775
Cystine.....g	0.116		0		1		0.153	0.033	0.131
Phenylalanine.....g	1.287		0		1		1.699	0.365	1.454
Tyrosine.....g	1.520		0		1		2.006	0.431	1.718
Valine.....g	1.640		0		1		2.165	0.465	1.853
Arginine.....g	1.022		0		1		1.349	0.290	1.155
Histidine.....g	1.115		0		1		1.472	0.316	1.260
Alanine.....g	0.706		0		1		0.932	0.200	0.798
Aspartic acid.....g	1.744		0		1		2.302	0.494	1.971
Glutamic acid.....g	6.235		0		1		8.230	1.768	7.046
Glycine.....g	0.433		0		1		0.572	0.123	0.489
Proline.....g	2.766		0		1		3.651	0.784	3.126
Serine.....g	1.471		0		1		1.942	0.417	1.662
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 132g: 1 cup, diced
Measure 2 = 28.35g: 1 oz
Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.41	0.891	12		1		92.27	21.10	183.05
Energy.....kcal	138		0	NC	4		171	39	340
Energy.....kJ	578		0		4		716	164	1421
Protein (N x 6.38).....g	11.39	0.767	9		1		14.12	3.23	28.02
Total lipid (fat).....g	7.91	0.612	12		1		9.81	2.24	19.46
Ash.....g	1.15	0.098	7		1		1.43	0.33	2.83
Carbohydrate, by difference.....g	5.14		0	NC	4		6.37	1.46	12.64
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.31		0	BFNN	4		0.38	0.09	0.76
Starch.....g									
Minerals:									
Calcium, Ca.....mg	272	28.960	8		1		337	77	669
Iron, Fe.....mg	0.44		2		1		0.55	0.12	1.08
Magnesium, Mg.....mg	15	1.325	8		1		18	4	36
Phosphorus, P.....mg	183	18.455	8		1		226	52	449
Potassium, K.....mg	125	9.806	8		1		155	35	308
Sodium, Na.....mg	99		0	NR	4		123	28	244
Zinc, Zn.....mg	1.34		2		1		1.66	0.38	3.30
Copper, Cu.....mg	0.034		0		1		0.042	0.010	0.084
Manganese, Mn.....mg	0.010		0		1		0.012	0.003	0.025
Selenium, Se.....µg	16.7		0	BFNN	4		20.7	4.7	41.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.021	0.003	7		1		0.026	0.006	0.052
Riboflavin.....mg	0.185	0.013	7		1		0.229	0.052	0.455
Niacin.....mg	0.078	0.014	6		1		0.097	0.022	0.192
Pantothenic acid.....mg	0.242		0		4		0.300	0.069	0.595
Vitamin B-6.....mg	0.020	0.002	6		1		0.025	0.006	0.049
Folate, total.....µg	13		0		4		16	4	32
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	13		0		4		16	4	32
Folate, DFE.....µg	13		0	NC	4		16	4	32
Choline, total.....mg	16.3		0	CAZN	4		20.2	4.6	40.0
Betaine.....mg									
Vitamin B-12.....µg	0.29	0.038	5		1		0.36	0.08	0.72
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	107		0	NC	4		132	30	262
Retinol.....µg	105		0	NC	4		130	30	258
Carotene, beta.....µg	20		0	BFFN	4		25	6	50
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	384		0	NC	4		476	109	944
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFFN	4		0.08	0.02	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.2	0.0	0.4
Vitamin D.....IU	6		0	BFFN	4		7	2	14
Vitamin K (phylloquinone).....µg	0.7		0	BFFN	4		0.8	0.2	1.6
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.927		0		1		6.109	1.397	12.120
4:0.....g	0.254		1		1		0.315	0.072	0.625
6:0.....g	0.065		2		1		0.081	0.018	0.160
8:0.....g	0.073	0.007	6		1		0.091	0.021	0.180
10:0.....g	0.151	0.017	7		1		0.187	0.043	0.371
12:0.....g	0.105	0.020	7		1		0.130	0.030	0.258
13:0.....g									
14:0.....g	0.808	0.063	7		1		1.002	0.229	1.988
15:0.....g									
16:0.....g	2.442	0.197	7		1		3.028	0.692	6.007
17:0.....g									
18:0.....g	0.866	0.069	7		1		1.074	0.246	2.130
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.314		0		1		2.869	0.656	5.692
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.277	0.031	7		1		0.343	0.079	0.681
17:1.....g									
18:1 undifferentiated.....g	1.920	0.152	7		1		2.381	0.544	4.723
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.322	0.074	0.640
18:2 undifferentiated.....g	0.190	0.018	7		1		0.236	0.054	0.467
18:3 undifferentiated.....g	0.070	0.009	6		1		0.087	0.020	0.172
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0		1		38	9	76
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0		4		0.157	0.036	0.312
Threonine.....g	0.523		0		1		0.649	0.148	1.287
Isoleucine.....g	0.596		0		1		0.739	0.169	1.466
Leucine.....g	1.235		0		1		1.531	0.350	3.038
Lysine.....g	1.353		0		1		1.678	0.384	3.328
Methionine.....g	0.284		0		1		0.352	0.081	0.699
Cystine.....g	0.100		0		1		0.124	0.028	0.246
Phenylalanine.....g	0.562		0		1		0.697	0.159	1.383
Tyrosine.....g	0.596		0		1		0.739	0.169	1.466
Valine.....g	0.700		0		1		0.868	0.198	1.722
Arginine.....g	0.639		0		1		0.792	0.181	1.572
Histidine.....g	0.464		0		1		0.575	0.132	1.141
Alanine.....g	0.505		0		1		0.626	0.143	1.242
Aspartic acid.....g	1.007		0		1		1.249	0.285	2.477
Glutamic acid.....g	2.474		0		1		3.068	0.701	6.086
Glycine.....g	0.298		0		1		0.370	0.084	0.733
Proline.....g	1.078		0		1		1.337	0.306	2.652
Serine.....g	0.582		0		1		0.722	0.165	1.432
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 124g: .5 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 246g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points							
<u>Lipids:</u>										
Fatty acids, total saturated.....g	8.295		0			1		10.286	20.406	
4:0.....g	0.574	0.200	4			1		0.712	1.412	
6:0.....g	0.093	0.008	4			1		0.115	0.229	
8:0.....g	0.119	0.008	4			1		0.148	0.293	
10:0.....g	0.229	0.020	4			1		0.284	0.563	
12:0.....g	0.158	0.020	4			1		0.196	0.389	
13:0.....g										
14:0.....g	1.364	0.090	4			1		1.691	3.355	
15:0.....g										
16:0.....g	4.057	0.274	4			1		5.031	9.980	
17:0.....g										
18:0.....g	1.281	0.104	4			1		1.588	3.151	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	3.627		0			1		4.497	8.922	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.532	0.077	4			1		0.660	1.309	
17:1.....g										
18:1 undifferentiated.....g	2.872	0.225	4			1		3.561	7.065	
20:1.....g	0.000		0			1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0			1		0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.385		0			1		0.477	0.947	
18:2 undifferentiated.....g	0.273	0.038	4			1		0.339	0.672	
18:3 undifferentiated.....g	0.112	0.022	4			1		0.139	0.276	
18:4.....g	0.000		0			1		0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0			1		0.000	0.000	
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0			1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0			1		0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	51		0			1		63	124	
Phytosterols.....mg										
<u>Amino Acids:</u>										
Tryptophan.....g	0.125		0			4		0.155	0.308	
Threonine.....g	0.517		0			1		0.641	1.272	
Isoleucine.....g	0.589		0			1		0.730	1.449	
Leucine.....g	1.221		0			1		1.514	3.004	
Lysine.....g	1.338		0			1		1.659	3.291	
Methionine.....g	0.281		0			1		0.348	0.691	
Cystine.....g	0.099		0			1		0.123	0.244	
Phenylalanine.....g	0.556		0			1		0.689	1.368	
Tyrosine.....g	0.589		0			1		0.730	1.449	
Valine.....g	0.692		0			1		0.858	1.702	
Arginine.....g	0.632		0			1		0.784	1.555	
Histidine.....g	0.459		0			1		0.569	1.129	
Alanine.....g	0.499		0			1		0.619	1.228	
Aspartic acid.....g	0.995		0			1		1.234	2.448	
Glutamic acid.....g	2.446		0			1		3.033	6.017	
Glycine.....g	0.295		0			1		0.366	0.726	
Proline.....g	1.066		0			1		1.322	2.622	
Serine.....g	0.575		0			1		0.713	1.415	
Hydroxyproline.....g										
<u>Others:</u>										
Alcohol, ethyl.....g	0.0		0			7		0.0	0.0	
Caffeine.....mg	0		0	Z		7		0	0	

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 124g: .5 cup
Measure 2 = 246g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	17.115		0		4		4.852	24.303	
4:0.....g	1.355		0		4		0.384	1.924	
6:0.....g	0.508		0		4		0.144	0.721	
8:0.....g	0.271		0		4		0.077	0.385	
10:0.....g	0.671		0		4		0.190	0.953	
12:0.....g	0.911		0		4		0.258	1.294	
13:0.....g									
14:0.....g	3.036		0		4		0.861	4.311	
15:0.....g									
16:0.....g	7.265		0		4		2.060	10.316	
17:0.....g									
18:0.....g	2.400		0		4		0.680	3.408	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.838		0		4		2.222	11.130	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.411		0		4		0.117	0.584	
17:1.....g									
18:1 undifferentiated.....g	6.942		0		4		1.968	9.858	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.593		0		4		0.168	0.842	
18:2 undifferentiated.....g	0.284		0		4		0.081	0.403	
18:3 undifferentiated.....g	0.310		0		4		0.088	0.440	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	104		1		1		29	148	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.429		0		4		0.122	0.609	
Threonine.....g	1.171		0		4		0.332	1.663	
Isoleucine.....g	1.685		0		4		0.478	2.393	
Leucine.....g	3.071		0		4		0.871	4.361	
Lysine.....g	2.941		0		4		0.834	4.176	
Methionine.....g	0.852		0		4		0.242	1.210	
Cystine.....g	0.209		0		4		0.059	0.297	
Phenylalanine.....g	1.710		0		4		0.485	2.428	
Tyrosine.....g	1.775		0		4		0.503	2.521	
Valine.....g	2.183		0		4		0.619	3.100	
Arginine.....g	1.171		0		4		0.332	1.663	
Histidine.....g	1.231		0		4		0.349	1.748	
Alanine.....g	0.932		0		4		0.264	1.323	
Aspartic acid.....g	1.989		0		4		0.564	2.824	
Glutamic acid.....g	7.302		0		4		2.070	10.369	
Glycine.....g	0.553		0		4		0.157	0.785	
Proline.....g	3.718		0		4		1.054	5.280	
Serine.....g	1.840		0		4		0.522	2.613	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01038
Cheese, romano

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 142g: 5 package (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01039
Cheese, roquefort

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.38	0.703	15		1		11.16	33.47	
Energy.....kcal	369		0	NC	4		105	314	
Energy.....kJ	1544				4		438	1312	
Protein (N x 6.38).....g	21.54	0.281	3		1		6.11	18.31	
Total lipid (fat).....g	30.64	0.926	8		1		8.69	26.04	
Ash.....g	6.44	0.190	4		1		1.83	5.47	
Carbohydrate, by difference.....g	2.00		0	NC	4		0.57	1.70	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	662	34.969	12		1		188	563	
Iron, Fe.....mg	0.56	0.197	4		1		0.16	0.48	
Magnesium, Mg.....mg	30	1.885	4		1		8	25	
Phosphorus, P.....mg	392	17.766	11		1		111	333	
Potassium, K.....mg	91	10.115	3		1		26	77	
Sodium, Na.....mg	1809	157.400	4		1		513	1538	
Zinc, Zn.....mg	2.08	0.122	4		1		0.59	1.77	
Copper, Cu.....mg	0.034		0		1		0.010	0.029	
Manganese, Mn.....mg	0.030		0		1		0.009	0.026	
Selenium, Se.....µg	14.5		0	CAZN	4		4.1	12.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.040		2		1		0.011	0.034	
Riboflavin.....mg	0.586	0.071	8		1		0.166	0.498	
Niacin.....mg	0.734	0.078	15		1		0.208	0.624	
Pantothenic acid.....mg	1.731	0.183	18		1		0.491	1.471	
Vitamin B-6.....mg	0.124	0.010	26		1		0.035	0.105	
Folate, total.....µg	49	7.757	24		1		14	42	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	49	7.757	24		1		14	42	
Folate, DFE.....µg	49		0	NC	4		14	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.64	0.056	9		1		0.18	0.55	
Vitamin A, RAE.....µg	294		0	NC	4		83	250	
Retinol.....µg	290		0	NC	4		82	247	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1047		1		1		297	890	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01039
Cheese, roquefort

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	19.263		0		1		5.461	16.374	
4:0.....g	0.877		1		1		0.249	0.745	
6:0.....g	0.660		1		1		0.187	0.561	
8:0.....g	0.674		1		1		0.191	0.573	
10:0.....g	2.163		1		1		0.613	1.839	
12:0.....g	1.295		1		1		0.367	1.101	
13:0.....g									
14:0.....g	3.250		1		1		0.921	2.763	
15:0.....g									
16:0.....g	6.570		1		1		1.863	5.585	
17:0.....g									
18:0.....g	3.141		1		1		0.890	2.670	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.474		0		1		2.402	7.203	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		1		1		0.207	0.621	
17:1.....g									
18:1 undifferentiated.....g	7.456		1		1		2.114	6.338	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.320		0		1		0.374	1.122	
18:2 undifferentiated.....g	0.616		1		1		0.175	0.524	
18:3 undifferentiated.....g	0.704		1		1		0.200	0.598	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		26	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0		4		0.086	0.258	
Threonine.....g	0.965		0		4		0.274	0.820	
Isoleucine.....g	1.217		0		4		0.345	1.034	
Leucine.....g	2.114		0		4		0.599	1.797	
Lysine.....g	1.848		0		4		0.524	1.571	
Methionine.....g	0.558		0		4		0.158	0.474	
Cystine.....g	0.126		0		4		0.036	0.107	
Phenylalanine.....g	1.023		0		4		0.290	0.870	
Tyrosine.....g	1.012		0		4		0.287	0.860	
Valine.....g	1.614		0		4		0.458	1.372	
Arginine.....g	0.713		0		4		0.202	0.606	
Histidine.....g	0.602		0		4		0.171	0.512	
Alanine.....g	0.969		0		4		0.275	0.824	
Aspartic acid.....g	1.181		0		4		0.335	1.004	
Glutamic acid.....g	3.670		0		4		1.040	3.120	
Glycine.....g	0.148		0		4		0.042	0.126	
Proline.....g	2.089		0		4		0.592	1.776	
Serine.....g	1.772		0		4		0.502	1.506	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01039
Cheese, roquefort

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data	Points						
Proximates:										
Water.....g	37.63	0.136	12	A	1		49.68	91.83	40.65	
Energy.....kcal	393		0	NC	4		519	959	425	
Energy.....kJ	1645		0	NC	4		2171	4014	1777	
Protein (N x 6.38).....g	26.96	0.236	12	A	1		35.59	65.79	29.12	
Total lipid (fat).....g	30.99	0.239	12	A	1		40.90	75.61	33.47	
Ash.....g	2.97	0.041	12	A	1		3.93	7.26	3.21	
Carbohydrate, by difference.....g	1.44		0	NC	4		1.90	3.51	1.56	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0	
Sugars, total.....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Starch.....g										
Minerals:										
Calcium, Ca.....mg	890	9.597	12	A	1		1175	2172	961	
Iron, Fe.....mg	0.13	0.004	12	A	1		0.17	0.32	0.14	
Magnesium, Mg.....mg	33	0.390	12	A	1		44	81	36	
Phosphorus, P.....mg	574	4.448	12	A	1		758	1401	620	
Potassium, K.....mg	72	2.679	12	A	1		95	175	78	
Sodium, Na.....mg	187	10.837	12	A	1		246	455	201	
Zinc, Zn.....mg	4.37	0.039	12	A	1		5.77	10.66	4.72	
Copper, Cu.....mg	0.047	0.003	12	A	1		0.063	0.116	0.051	
Manganese, Mn.....mg	0.026	0.002	12	A	1		0.035	0.064	0.028	
Selenium, Se.....µg	30.0	0.465	6	A	1		39.6	73.2	32.4	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0	
Thiamin.....mg	0.011	0.002	6	A	1		0.014	0.027	0.012	
Riboflavin.....mg	0.302	0.003	6	A	1		0.399	0.738	0.326	
Niacin.....mg	0.064	0.011	6	A	1		0.085	0.157	0.069	
Pantothenic acid.....mg	0.353	0.014	4	A	1		0.466	0.861	0.381	
Vitamin B-6.....mg	0.071	0.001	6	A	1		0.094	0.173	0.077	
Folate, total.....µg	10		2	A	1		13	23	10	
Folic acid.....µg	0		0	Z	7		0	0	0	
Folate, food.....µg	10		2	A	1		13	23	10	
Folate, DFE.....µg	10		0	NC	4		13	23	10	
Choline, total.....mg	15.5	0	AS	1			20.5	37.8	16.7	
Betaine.....mg	0.6		1	A	1		0.8	1.4	0.6	
Vitamin B-12.....µg	3.06	0.258	6	A	1		4.04	7.47	3.30	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE.....µg	288		0	AS	1		381	704	311	
Retinol.....µg	283	20.781	4	A	1		374	691	306	
Carotene, beta.....µg	61	3.788	4	A	1		80	148	65	
Carotene, alpha.....µg	1	0.164	4	A	1		1	1	1	
Cryptoxanthin, beta.....µg	2	0.092	4	A	1		2	4	2	
Vitamin A, IU.....IU	1047		0	AS	1		1382	2555	1131	
Lycopene.....µg	1	0.528	4	A	1		1	2	1	
Lutein + zeaxanthin.....µg	8	1.608	4	A	1		10	19	9	
Vitamin E (alpha-tocopherol).....mg	0.60	0.068	6	A	1		0.79	1.45	0.64	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta.....mg	0.02	0.023	6	A	1		0.03	0.06	0.02	
Tocopherol, gamma.....mg	0.07	0.021	6	A	1		0.10	0.18	0.08	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00	
Tocotrienol, alpha.....mg	0.13	0.010	6	A	1		0.17	0.31	0.14	
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00	

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		2	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.4		2	A	1		1.8	3.4	1.5
Dihydrophyllquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	6.3		2	A	1		8.3	15.3	6.8
Lipids:									
Fatty acids, total saturated.....g	18.227		0	NC	4		24.059	44.474	19.685
4:0.....g	0.681	0.011	12	A	1		0.899	1.662	0.736
6:0.....g	0.542	0.007	12	A	1		0.716	1.323	0.586
8:0.....g	0.327	0.004	12	A	1		0.431	0.797	0.353
10:0.....g	0.768	0.009	12	A	1		1.013	1.873	0.829
12:0.....g	0.875	0.010	12	A	1		1.155	2.134	0.945
13:0.....g									
14:0.....g	2.919	0.030	12	A	1		3.853	7.123	3.153
15:0.....g	0.305	0.004	12	A	1		0.403	0.745	0.330
16:0.....g	8.358	0.037	12	A	1		11.032	20.393	9.027
17:0.....g	0.189	0.002	12	A	1		0.250	0.462	0.204
18:0.....g	3.196	0.058	12	A	1		4.219	7.798	3.452
20:0.....g	0.044	0.001	12	A	1		0.058	0.106	0.047
22:0.....g	0.014	0.000	12	A	1		0.019	0.035	0.016
24:0.....g	0.009	0.000	12	A	1		0.011	0.021	0.009
Fatty acids, total monounsaturated.....g	8.046		0	NC	4		10.621	19.633	8.690
14:1.....g	0.297	0.006	12	A	1		0.392	0.724	0.320
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.565	0.016	12	AS	1		0.745	1.378	0.610
16:1 c.....g	0.463	0.016	12	A	1		0.611	1.129	0.500
16:1 t.....g	0.102	0.002	12	A	1		0.135	0.249	0.110
17:1.....g	0.062	0.001	12	A	1		0.082	0.152	0.067
18:1 undifferentiated.....g	7.060	0.133	12	AS	1		9.320	17.227	7.625
18:1 c.....g	6.369	0.082	12	A	1		8.407	15.540	6.878
18:1 t.....g	0.692	0.075	12	A	1		0.913	1.687	0.747
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.060	0.001	12	A	1		0.079	0.146	0.065
22:1 undifferentiated.....g	0.002	0.000	12	AS	1		0.003	0.005	0.002
22:1 c.....g	0.002	0.000	12	A	1		0.003	0.005	0.002
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.341		0	NC	4		1.770	3.273	1.449
18:2 undifferentiated.....g	1.086	0.015	12	AS	1		1.434	2.651	1.173
18:2 n-6 c,c.....g	0.734	0.007	12	A	1		0.969	1.791	0.793
18:2 CLAs.....g	0.161	0.005	12	A	1		0.213	0.393	0.174
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.191	0.005	12	A	1		0.253	0.467	0.207
18:3 undifferentiated.....g	0.129	0.005	12	AS	1		0.170	0.314	0.139
18:3 n-3 c,c,c (ALA).....g	0.125	0.004	12	A	1		0.165	0.304	0.135
18:3 n-6 c,c,c.....g	0.002	0.000	12	A	1		0.002	0.004	0.002
18:3i.....g	0.002	0.000	12	A	1		0.003	0.006	0.003
18:4.....g	0.001	0.001	12	A	1		0.002	0.003	0.001
20:2 n-6 c,c.....g	0.007	0.000	12	A	1		0.009	0.016	0.007
20:3 undifferentiated.....g	0.035	0.000	12	AS	1		0.046	0.085	0.038
20:3 n-3.....g	0.003	0.000	12	A	1		0.003	0.006	0.003
20:3 n-6.....g	0.032	0.000	12	A	1		0.043	0.079	0.035
20:4 undifferentiated.....g	0.046	0.001	12	A	1		0.061	0.113	0.050
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.007	0.000	12	A	1		0.010	0.018	0.008
22:5 n-3 (DPA).....g	0.018	0.001	12	A	1		0.024	0.044	0.020

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.987		0	NC	4	1.303	2.409	1.066
Fatty acids, total trans-monoenoic.....g	0.793		0	NC	4	1.047	1.936	0.857
Fatty acids, total trans-polyenoic.....g	0.194		0	NC	4	0.256	0.473	0.209
Cholesterol.....mg	93	1.186	6	A	1	123	228	101
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.401		0	A	1	0.529	0.978	0.433
Threonine.....g	1.038		0	A	1	1.370	2.533	1.121
Isoleucine.....g	1.537		0	A	1	2.029	3.750	1.660
Leucine.....g	2.959		0	A	1	3.906	7.220	3.196
Lysine.....g	2.585		0	A	1	3.412	6.307	2.792
Methionine.....g	0.784		0	A	1	1.035	1.913	0.847
Cystine.....g	0.290		0	A	1	0.383	0.708	0.313
Phenylalanine.....g	1.662		0	A	1	2.194	4.055	1.795
Tyrosine.....g	1.693		0	A	1	2.235	4.131	1.828
Valine.....g	2.139		0	A	1	2.823	5.219	2.310
Arginine.....g	0.927		0	A	1	1.224	2.262	1.001
Histidine.....g	1.065		0	A	1	1.406	2.599	1.150
Alanine.....g	0.914		0	A	1	1.206	2.230	0.987
Aspartic acid.....g	1.569		0	A	1	2.071	3.828	1.695
Glutamic acid.....g	5.704		0	A	1	7.529	13.918	6.160
Glycine.....g	0.508		0	A	1	0.671	1.240	0.549
Proline.....g	3.690		0	A	1	4.871	9.004	3.985
Serine.....g	1.640		0	A	1	2.165	4.002	1.771
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced
 Measure 2 = 244g: 1 cup, melted
 Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43589
Cheese, swiss, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	59.60		0		4		16.69	8.94	64.37
Energy.....kcal	179		0		4		50	27	193
Energy.....kJ	749		0		4		210	112	809
Protein.....g	28.40		0		4		7.95	4.26	30.67
Total lipid (fat).....g	5.10		0		4		1.43	0.77	5.51
Ash.....g	3.50		0	NR	4		0.98	0.53	3.78
Carbohydrate, by difference.....g	3.40		0		4		0.95	0.51	3.67
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	1.33		0	BFNN	4		0.37	0.20	1.43
Starch.....g									
Minerals:									
Calcium, Ca.....mg	961		0		4		269	144	1038
Iron, Fe.....mg	0.17		0		4		0.05	0.03	0.18
Magnesium, Mg.....mg	36		0		4		10	5	39
Phosphorus, P.....mg	605		0		4		169	91	653
Potassium, K.....mg	111		0		4		31	17	120
Sodium, Na.....mg	199		0	NR	4		56	30	215
Zinc, Zn.....mg	3.90		0		4		1.09	0.59	4.21
Copper, Cu.....mg	0.027		0		4		0.008	0.004	0.029
Manganese, Mn.....mg									
Selenium, Se.....µg	12.7		0	BFNN	4		3.6	1.9	13.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.020		0		4		0.006	0.003	0.022
Riboflavin.....mg	0.360		0		4		0.101	0.054	0.389
Niacin.....mg	0.090		0		4		0.025	0.014	0.097
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0		4		0.022	0.012	0.086
Folate, total.....µg	6		0		4		2	1	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	6		0		4		2	1	6
Folate, DFE.....µg	6		0	NC	4		2	1	6
Choline, total.....mg	15.4		0	T	4		4.3	2.3	16.6
Betaine.....mg									
Vitamin B-12.....µg	1.68		0		4		0.47	0.25	1.81
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	40		0	NC	4		11	6	44
Retinol.....µg	39		0	BFFN	4		11	6	42
Carotene, beta.....µg	13		0	BFFN	4		4	2	14
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	152		0	NC	4		43	23	164
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFFN	4		0.02	0.01	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.0	0.0	0.1
Vitamin D.....IU	4		0	BFFN	4		1	1	4
Vitamin K (phylloquinone).....µg	0.5		0	BFFN	4		0.1	0.1	0.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43589
Cheese, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.304		0		4		0.925	0.496	3.568
4:0.....g	0.204		0		4		0.057	0.031	0.220
6:0.....g	0.091		0		4		0.025	0.014	0.098
8:0.....g	0.054		0		4		0.015	0.008	0.058
10:0.....g	0.115		0		4		0.032	0.017	0.124
12:0.....g	0.097		0		4		0.027	0.015	0.105
13:0.....g									
14:0.....g	0.569		0		4		0.159	0.085	0.615
15:0.....g									
16:0.....g	1.447		0		4		0.405	0.217	1.563
17:0.....g									
18:0.....g	0.604		0		4		0.169	0.091	0.652
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.351		0		4		0.378	0.203	1.459
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.164		0		4		0.046	0.025	0.177
17:1.....g									
18:1 undifferentiated.....g	1.119		0		4		0.313	0.168	1.209
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		4		0.050	0.027	0.194
18:2 undifferentiated.....g	0.115		0		4		0.032	0.017	0.124
18:3 undifferentiated.....g	0.065		0		4		0.018	0.010	0.070
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0		4		10	5	38
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)
 Measure 2 = 15.0g: 1 cubic inch
 Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43405
Cheese, swiss, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	
			Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	17.744		0		4		4.968 2.662 19.164
4:0.....g	1.098		0		4		0.307 0.165 1.186
6:0.....g	0.489		0		4		0.137 0.073 0.528
8:0.....g	0.289		0		4		0.081 0.043 0.312
10:0.....g	0.619		0		4		0.173 0.093 0.669
12:0.....g	0.519		0		4		0.145 0.078 0.561
13:0.....g							
14:0.....g	3.054		0		4		0.855 0.458 3.298
15:0.....g							
16:0.....g	7.774		0		4		2.177 1.166 8.396
17:0.....g							
18:0.....g	3.244		0		4		0.908 0.487 3.504
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.256		0		4		2.032 1.088 7.836
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.878		0		4		0.246 0.132 0.948
17:1.....g							
18:1 undifferentiated.....g	6.008		0		4		1.682 0.901 6.489
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.968		0		4		0.271 0.145 1.045
18:2 undifferentiated.....g	0.619		0		4		0.173 0.093 0.669
18:3 undifferentiated.....g	0.349		0		4		0.098 0.052 0.377
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000 0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4		0.000 0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	92		1		1		26 14 99
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice
 Measure 2 = 15.0g: 1 cubic inch
 Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Deriv Source Confidence				Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Proximates:									
Water.....g	42.86	1.003	18		1		12.15	72.86	
Energy.....kcal	340		0	NC	4		96	578	
Energy.....kJ	1422				4		403	2417	
Protein (N x 6.38).....g	24.41	0.820	4		1		6.92	41.50	
Total lipid (fat).....g	25.98	1.014	15		1		7.37	44.17	
Ash.....g	4.87	0.075	10		1		1.38	8.28	
Carbohydrate, by difference.....g	1.88		0	NC	4		0.53	3.20	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	700		2		1		198	1190	
Iron, Fe.....mg	0.23		1		1		0.07	0.39	
Magnesium, Mg.....mg	13		1		1		4	22	
Phosphorus, P.....mg	500		1		1		142	850	
Potassium, K.....mg	65		2		1		18	110	
Sodium, Na.....mg	753		2		1		213	1280	
Zinc, Zn.....mg	3.50		1		1		0.99	5.95	
Copper, Cu.....mg	0.026		0		1		0.007	0.044	
Manganese, Mn.....mg	0.013		0		1		0.004	0.022	
Selenium, Se.....µg	14.5		0	CAZN	4		4.1	24.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.061	0.009	4		1		0.017	0.104	
Riboflavin.....mg	0.359	0.017	4		1		0.102	0.610	
Niacin.....mg	0.205	0.026	4		1		0.058	0.349	
Pantothenic acid.....mg	0.346	0.025	4		1		0.098	0.588	
Vitamin B-6.....mg	0.065		0		4		0.018	0.111	
Folate, total.....µg	20		0		4		6	34	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	20		0		4		6	34	
Folate, DFE.....µg	20		0	NC	4		6	34	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.10		2		1		0.60	3.57	
Vitamin A, RAE.....µg	249		0	NC	4		71	423	
Retinol.....µg	236		0	NC	4		67	401	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1045		1		1		296	1777	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	16.775		0		1		4.756	28.518	
4:0.....g	0.878		1		1		0.249	1.493	
6:0.....g	0.536		1		1		0.152	0.911	
8:0.....g	0.381		1		1		0.108	0.648	
10:0.....g	0.748		1		1		0.212	1.272	
12:0.....g	1.073		1		1		0.304	1.824	
13:0.....g									
14:0.....g	2.608		1		1		0.739	4.434	
15:0.....g									
16:0.....g	7.675		1		1		2.176	13.048	
17:0.....g									
18:0.....g	2.190		1		1		0.621	3.723	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.136		0		1		2.023	12.131	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.668		1		1		0.189	1.136	
17:1.....g									
18:1 undifferentiated.....g	6.073		1		1		1.722	10.324	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.721		0		1		0.204	1.226	
18:2 undifferentiated.....g	0.398		1		1		0.113	0.677	
18:3 undifferentiated.....g	0.323		1		1		0.092	0.549	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		1		1		29	173	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		1		0.100	0.598	
Threonine.....g	0.899		0		1		0.255	1.528	
Isoleucine.....g	1.484		0		1		0.421	2.523	
Leucine.....g	2.548		0		1		0.722	4.332	
Lysine.....g	2.039		0		1		0.578	3.466	
Methionine.....g	0.754		0		1		0.214	1.282	
Cystine.....g	0.138		0		4		0.039	0.235	
Phenylalanine.....g	1.358		0		1		0.385	2.309	
Tyrosine.....g	1.458		0		1		0.413	2.479	
Valine.....g	1.752		0		1		0.497	2.978	
Arginine.....g	0.849		0		1		0.241	1.443	
Histidine.....g	0.704		0		1		0.200	1.197	
Alanine.....g	0.811		0		1		0.230	1.379	
Aspartic acid.....g	1.798		0		1		0.510	3.057	
Glutamic acid.....g	5.490		0		1		1.556	9.333	
Glycine.....g	0.497		0		1		0.141	0.845	
Proline.....g	2.969		0		1		0.842	5.047	
Serine.....g	1.393		0		1		0.395	2.368	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 01041
Cheese, tilsit

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg	5.8			2	A	1		6.8		
Lipids:										
Fatty acids, total saturated.....g	13.661			0	NC	4		16.120		
4:0.....g	0.518	0.037	6	A	1			0.612		
6:0.....g	0.421	0.034	6	A	1			0.497		
8:0.....g	0.250	0.021	6	A	1			0.295		
10:0.....g	0.574	0.049	6	A	1			0.677		
12:0.....g	0.650	0.057	6	A	1			0.768		
13:0.....g										
14:0.....g	2.195	0.182	6	A	1			2.590		
15:0.....g	0.226	0.019	6	A	1			0.267		
16:0.....g	6.048	0.490	6	A	1			7.137		
17:0.....g	0.144	0.013	6	A	1			0.170		
18:0.....g	2.567	0.189	6	A	1			3.030		
20:0.....g	0.035	0.003	6	A	1			0.041		
22:0.....g	0.012	0.001	6	A	1			0.014		
24:0.....g	0.008	0.001	6	A	1			0.009		
Fatty acids, total monounsaturated.....g	6.459			0	NC	4		7.622		
14:1.....g	0.177	0.014	6	A	1			0.208		
15:1.....g	0.003	0.000	6	A	1			0.003		
16:1 undifferentiated.....g	0.444	0.033	6	AS	1			0.524		
16:1 c.....g	0.366	0.028	6	A	1			0.432		
16:1 t.....g	0.078	0.005	6	A	1			0.092		
17:1.....g	0.049	0.005	6	A	1			0.058		
18:1 undifferentiated.....g	5.741	0.396	6	AS	1			6.774		
18:1 c.....g	5.099	0.359	6	A	1			6.017		
18:1 t.....g	0.642	0.042	6	A	1			0.757		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.041	0.003	6	A	1			0.048		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1			0.003		
22:1 c.....g	0.003	0.000	6	A	1			0.003		
22:1 t.....g	0.000	0.000	6	A	1			0.000		
24:1 c.....g	0.003	0.000	6	A	1			0.003		
Fatty acids, total polyunsaturated.....g	1.149			0	NC	4		1.356		
18:2 undifferentiated.....g	0.922	0.057	6	AS	1			1.088		
18:2 n-6 c,c.....g	0.610	0.046	6	A	1			0.720		
18:2 CLAs.....g	0.142	0.008	6	A	1			0.167		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.170	0.011	6	A	1			0.201		
18:3 undifferentiated.....g	0.113	0.015	6	AS	1			0.134		
18:3 n-3 c,c,c (ALA).....g	0.105	0.015	6	A	1			0.123		
18:3 n-6 c,c,c.....g	0.009	0.001	6	A	1			0.010		
18:3i.....g										
18:4.....g	0.006	0.000	6	A	1			0.007		
20:2 n-6 c,c.....g	0.007	0.000	6	A	1			0.008		
20:3 undifferentiated.....g	0.028	0.002	6	AS	1			0.033		
20:3 n-3.....g	0.002	0.000	6	A	1			0.003		
20:3 n-6.....g	0.026	0.002	6	A	1			0.030		
20:4 undifferentiated.....g	0.036	0.003	6	A	1			0.043		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.009	0.001	6	A	1			0.010		
21:5.....g										
22:4.....g	0.008	0.001	6	A	1			0.009		
22:5 n-3 (DPA).....g	0.016	0.002	6	A	1			0.019		
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1			0.003		
Fatty acids, total trans.....g	0.890			0	NC	4		1.050		
Fatty acids, total trans-monoenoic.....g	0.719			0	NC	4		0.849		
Fatty acids, total trans-polyenoic.....g	0.170			0	NC	4		0.201		
Cholesterol.....mg	70	4.516	6	A	1			83		
Phytosterols.....mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01229
Cheese, white, queso blanco

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 118g: 1 cup, crumbled

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01205
Cream substitute, flavored, liquid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.635		0	RA	4		0.395		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.000		0	RA	4		0.000		
10:0.....g	0.000		0	RA	4		0.000		
12:0.....g	0.000		0	RA	4		0.000		
13:0.....g									
14:0.....g	0.040		0	RA	4		0.006		
15:0.....g									
16:0.....g	1.955		0	RA	4		0.293		
17:0.....g									
18:0.....g	0.636		0	RA	4		0.095		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.002		0	RA	4		0.600		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	RA	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	3.976		0	RA	4		0.596		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.269		0	RA	4		0.940		
18:2 undifferentiated.....g	5.905		0	RA	4		0.886		
18:3 undifferentiated.....g	0.364		0	RA	4		0.055		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0		
Phytosterols.....mg	20		0	RA	4		3		
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0	RA	4		0.002		
Threonine.....g	0.027		0	RA	4		0.004		
Isoleucine.....g	0.027		0	RA	4		0.004		
Leucine.....g	0.042		0	RA	4		0.006		
Lysine.....g	0.034		0	RA	4		0.005		
Methionine.....g	0.007		0	RA	4		0.001		
Cystine.....g	0.008		0	RA	4		0.001		
Phenylalanine.....g	0.033		0	RA	4		0.005		
Tyrosine.....g	0.026		0	RA	4		0.004		
Valine.....g	0.041		0	RA	4		0.006		
Arginine.....g	0.039		0	RA	4		0.006		
Histidine.....g	0.012		0	RA	4		0.002		
Alanine.....g	0.032		0	RA	4		0.005		
Aspartic acid.....g	0.068		0	RA	4		0.010		
Glutamic acid.....g	0.103		0	RA	4		0.016		
Glycine.....g	0.031		0	RA	4		0.005		
Proline.....g	0.029		0	RA	4		0.004		
Serine.....g	0.030		0	RA	4		0.004		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	3		0	RA	4		0		

NDB No. 01205
Cream substitute, flavored, liquid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	100		0	RA	4		15		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cream substitute, flavored, powdered

[illegible]

NDB No. 01206
Cream substitute, flavored, powdered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	19.446		0	RA	4		2.334		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.903		0	RA	4		0.108		
10:0.....g	0.903		0	RA	4		0.108		
12:0.....g	7.518		0	RA	4		0.902		
13:0.....g									
14:0.....g	3.025		0	RA	4		0.363		
15:0.....g									
16:0.....g	2.373		0	RA	4		0.285		
17:0.....g									
18:0.....g	4.742		0	RA	4		0.569		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.618		0	RA	4		0.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.618		0	RA	4		0.074		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.229		0	RA	4		0.027		
18:2 undifferentiated.....g	0.229		0	RA	4		0.027		
18:3 undifferentiated.....g	0.000		0	RA	4		0.000		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0		
Phytosterols.....mg	18		0	RA	4		2		
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0	RA	4		0.001		
Threonine.....g	0.027		0	RA	4		0.003		
Isoleucine.....g	0.026		0	RA	4		0.003		
Leucine.....g	0.045		0	RA	4		0.005		
Lysine.....g	0.033		0	RA	4		0.004		
Methionine.....g	0.008		0	RA	4		0.001		
Cystine.....g	0.009		0	RA	4		0.001		
Phenylalanine.....g	0.033		0	RA	4		0.004		
Tyrosine.....g	0.025		0	RA	4		0.003		
Valine.....g	0.040		0	RA	4		0.005		
Arginine.....g	0.038		0	RA	4		0.005		
Histidine.....g	0.012		0	RA	4		0.001		
Alanine.....g	0.032		0	RA	4		0.004		
Aspartic acid.....g	0.066		0	RA	4		0.008		
Glutamic acid.....g	0.104		0	RA	4		0.013		
Glycine.....g	0.030		0	RA	4		0.004		
Proline.....g	0.031		0	RA	4		0.004		
Serine.....g	0.029		0	RA	4		0.004		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	3		0	RA	4		0		

NDB No. 01206
Cream substitute, flavored, powdered

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	92		0	RA	4		11		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 12.0g: 4 tsp

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

[illegible]

NDB No. 42141
Cream substitute, liquid, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.896		0		1		0.269	2.168	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.018		0		4		0.005	0.044	
15:0.....g									
16:0.....g	0.455		0		4		0.137	1.101	
17:0.....g									
18:0.....g	0.424		0		4		0.127	1.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.030		0		1		0.609	4.913	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.030		0		4		0.609	4.913	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.126	1.016	
18:2 undifferentiated.....g	0.399		0		4		0.120	0.966	
18:3 undifferentiated.....g	0.021		0		4		0.006	0.051	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 242g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	1.937		0		1		0.291	0.581	4.649
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.005	0.002	7		1		0.001	0.002	0.012
10:0.....g	0.013	0.007	7		1		0.002	0.004	0.031
12:0.....g	0.062	0.033	7		1		0.009	0.019	0.149
13:0.....g									
14:0.....g	0.019	0.006	7		1		0.003	0.006	0.046
15:0.....g									
16:0.....g	0.884	0.106	7		1		0.133	0.265	2.122
17:0.....g									
18:0.....g	0.976	0.056	7		1		0.146	0.293	2.342
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.551		0		1		1.133	2.265	18.122
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.559	0.243	7		1		1.134	2.268	18.142
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0		1		0.004	0.008	0.065
18:2 undifferentiated.....g	0.022	0.008	7		1		0.003	0.007	0.053
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg	13		0		4		2	4	31
Amino Acids:									
Tryptophan.....g	0.015		0		1		0.002	0.005	0.036
Threonine.....g	0.043		0		1		0.006	0.013	0.103
Isoleucine.....g	0.056		0		1		0.008	0.017	0.134
Leucine.....g	0.085		0		1		0.013	0.026	0.204
Lysine.....g	0.068		0		1		0.010	0.020	0.163
Methionine.....g	0.015		0		1		0.002	0.005	0.036
Cystine.....g	0.018		0		1		0.003	0.005	0.043
Phenylalanine.....g	0.055		0		1		0.008	0.017	0.132
Tyrosine.....g	0.037		0		1		0.006	0.011	0.089
Valine.....g	0.056		0		1		0.008	0.017	0.134
Arginine.....g	0.080		0		1		0.012	0.024	0.192
Histidine.....g	0.028		0		1		0.004	0.008	0.067
Alanine.....g	0.047		0		1		0.007	0.014	0.113
Aspartic acid.....g	0.125		0		1		0.019	0.038	0.300
Glutamic acid.....g	0.201		0		1		0.030	0.060	0.482
Glycine.....g	0.047		0		1		0.007	0.014	0.113
Proline.....g	0.060		0		1		0.009	0.018	0.144
Serine.....g	0.057		0		1		0.009	0.017	0.137
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 240g: 1 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01068
Cream substitute, liquid, with lauric acid oil and sodium caseinate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code	Code				
Proximates:									
Water.....g	77.27		11		1		11.59	92.72	
Energy.....kcal	136		0	NC	4		20	164	
Energy.....kJ	571				4		86	685	
Protein (N x 6.29).....g	1.00	0.118	14		1		0.15	1.20	
Total lipid (fat).....g	9.97	0.276	42		1		1.50	11.96	
Ash.....g	0.38	0.091	6		1		0.06	0.46	
Carbohydrate, by difference.....g	11.38		0	NC	4		1.71	13.66	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	2.463	8		1		1	11	
Iron, Fe.....mg	0.03	0.030	5		1		0.00	0.04	
Magnesium, Mg.....mg	0	0.333	3		1		0	0	
Phosphorus, P.....mg	64	13.333	8		1		10	77	
Potassium, K.....mg	191	39.601	6		1		29	229	
Sodium, Na.....mg	79	17.019	8		1		12	95	
Zinc, Zn.....mg	0.02		1		1		0.00	0.02	
Copper, Cu.....mg	0.025		0		1		0.004	0.030	
Manganese, Mn.....mg	0.040		0		1		0.006	0.048	
Selenium, Se.....µg	1.1		0	BFNN	4		0.2	1.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		3		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	4	1.639	5		1		1	5	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	89	32.776	5		1		13	107	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points							
Fatty acids, total saturated.....g	9.304		0			1		1.396	11.165	
4:0.....g	0.000		0			4		0.000	0.000	
6:0.....g	0.000		0			4		0.000	0.000	
8:0.....g	0.349	0.046	18			1		0.052	0.419	
10:0.....g	0.277	0.039	18			1		0.042	0.332	
12:0.....g	6.614	0.318	18			1		0.992	7.937	
13:0.....g										
14:0.....g	1.001	0.092	18			1		0.150	1.201	
15:0.....g										
16:0.....g	0.432	0.052	18			1		0.065	0.518	
17:0.....g										
18:0.....g	0.597	0.092	18			1		0.090	0.716	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	0.106		0			1		0.016	0.127	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.000		0			4		0.000	0.000	
17:1.....g										
18:1 undifferentiated.....g	0.106	0.036	18			1		0.016	0.127	
20:1.....g										
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.003		0			1		0.000	0.004	
18:2 undifferentiated.....g	0.003	0.002	18			1		0.000	0.004	
18:3 undifferentiated.....g	0.000		0			4		0.000	0.000	
18:4.....g										
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			4		0.000	0.000	
20:5 n-3 (EPA).....g										
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g										
22:6 n-3 (DHA).....g										
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0			1		0	0	
Phytosterols.....mg	9		0			4		1	11	
Amino Acids:										
Tryptophan.....g	0.014		0			1		0.002	0.017	
Threonine.....g	0.042		0			1		0.006	0.050	
Isoleucine.....g	0.061		0			1		0.009	0.073	
Leucine.....g	0.099		0			1		0.015	0.119	
Lysine.....g	0.080		0			1		0.012	0.096	
Methionine.....g	0.030		0			1		0.005	0.036	
Cystine.....g	0.004		0			1		0.001	0.005	
Phenylalanine.....g	0.054		0			1		0.008	0.065	
Tyrosine.....g	0.057		0			1		0.009	0.068	
Valine.....g	0.072		0			1		0.011	0.086	
Arginine.....g	0.040		0			1		0.006	0.048	
Histidine.....g	0.030		0			1		0.005	0.036	
Alanine.....g	0.031		0			1		0.005	0.037	
Aspartic acid.....g	0.071		0			1		0.011	0.085	
Glutamic acid.....g	0.227		0			1		0.034	0.272	
Glycine.....g	0.020		0			1		0.003	0.024	
Proline.....g	0.113		0			1		0.017	0.136	
Serine.....g	0.062		0			1		0.009	0.074	
Hydroxyproline.....g										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01068

Cream substitute, liquid, with lauric acid oil and sodium caseinate

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 120g: .5 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01069
Cream substitute, powdered

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.98	0.073	11	A	1		2.80	0.06	0.09
Energy.....kcal	529		0	NC	4		498	11	16
Energy.....kJ	2215		0	NC	4		2082	44	66
Protein (N x 6.29).....g	2.48	0.029	11	A	1		2.33	0.05	0.07
Total lipid (fat).....g	32.92	0.286	11	A	1		30.94	0.66	0.99
Ash.....g	2.34	0.088	11	A	1		2.20	0.05	0.07
Carbohydrate, by difference.....g	59.29		0	NC	4		55.73	1.19	1.78
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	7.77	0.214	6	A	1		7.30	0.16	0.23
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	3.52	0.083	6	A	1		3.31	0.07	0.11
Fructose.....g	0.57	0.011	6	A	1		0.54	0.01	0.02
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	3.67	0.128	6	A	1		3.45	0.07	0.11
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.441	11	A	1		2	0	0
Iron, Fe.....mg	0.26	0.026	11	A	1		0.24	0.01	0.01
Magnesium, Mg.....mg	1	0.157	12	A	1		1	0	0
Phosphorus, P.....mg	288	11.966	11	A	1		270	6	9
Potassium, K.....mg	669	31.864	11	A	1		629	13	20
Sodium, Na.....mg	124	8.494	12	A	1		117	2	4
Zinc, Zn.....mg	0.07	0.006	12	A	1		0.07	0.00	0.00
Copper, Cu.....mg	0.018	0.000	12	A	1		0.017	0.000	0.001
Manganese, Mn.....mg	0.011	0.000	12	A	1		0.010	0.000	0.000
Selenium, Se.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Riboflavin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	0.117	0.004	4	A	1		0.110	0.002	0.004
Vitamin B-6.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Folate, total.....µg	0		0		1		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		1		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	2.3	0.233	3	AS	1		2.1	0.0	0.1
Betaine.....mg	0.1	0.012	3	A	1		0.1	0.0	0.0
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.26	0.123	4	A	1		1.18	0.03	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.16	0.051	4	A	1		0.15	0.00	0.00
Tocopherol, gamma.....mg	10.29	1.307	4	A	1		9.67	0.21	0.31
Tocopherol, delta.....mg	3.55	0.684	4	A	1		3.34	0.07	0.11
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.7		2	A	1		1.6	0.0	0.1
Dihydrophyllquinone.....µg	68.2		2	A	1		64.1	1.4	2.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	19.146		0	NC	4		17.997	0.383	0.574
4:0.....g	0.006	0.000	11	A	1		0.006	0.000	0.000
6:0.....g	0.094	0.022	11	A	1		0.088	0.002	0.003
8:0.....g	1.118	0.255	11	A	1		1.051	0.022	0.034
10:0.....g	0.879	0.200	11	A	1		0.826	0.018	0.026
12:0.....g	6.764	1.557	11	A	1		6.358	0.135	0.203
13:0.....g									
14:0.....g	2.666	0.614	11	A	1		2.506	0.053	0.080
15:0.....g	0.007	0.000	11	A	1		0.007	0.000	0.000
16:0.....g	3.146	0.050	11	A	1		2.957	0.063	0.094
17:0.....g	0.020	0.003	11	A	1		0.019	0.000	0.001
18:0.....g	4.290	0.091	11	A	1		4.033	0.086	0.129
20:0.....g	0.081	0.009	11	A	1		0.076	0.002	0.002
22:0.....g	0.052	0.011	11	A	1		0.049	0.001	0.002
24:0.....g	0.022	0.003	11	A	1		0.021	0.000	0.001
Fatty acids, total monounsaturated.....g	9.796		0	NC	4		9.208	0.196	0.294
14:1.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.006	0.002	11	AS	1		0.006	0.000	0.000
16:1 c.....g	0.004	0.001	11	A	1		0.004	0.000	0.000
16:1 t.....g	0.002	0.001	11	A	1		0.002	0.000	0.000
17:1.....g	0.003	0.001	11	A	1		0.002	0.000	0.000
18:1 undifferentiated.....g	9.768	2.403	11	AS	1		9.182	0.195	0.293
18:1 c.....g	4.411	1.065	11	A	1		4.147	0.088	0.132
18:1 t.....g	5.357	1.339	11	A	1		5.035	0.107	0.161
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.019	0.005	11	A	1		0.018	0.000	0.001
22:1 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.408		0	NC	4		0.384	0.008	0.012
18:2 undifferentiated.....g	0.382	0.087	11	AS	1		0.359	0.008	0.011
18:2 n-6 c,c.....g	0.200	0.043	11	A	1		0.188	0.004	0.006
18:2 CLAs.....g	0.003	0.001	11	A	1		0.003	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.179	0.045	11	A	1		0.168	0.004	0.005
18:3 undifferentiated.....g	0.026	0.007	11	AS	1		0.024	0.001	0.001
18:3 n-3 c,c,c (ALA).....g	0.019	0.005	11	A	1		0.018	0.000	0.001
18:3 n-6 c,c,c.....g	0.005	0.001	11	A	1		0.004	0.000	0.000
18:3i.....g	0.003	0.001	11	A	1		0.002	0.000	0.000
18:4.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	11	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	11	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	11	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	11	A	1		0.000	0.000	0.000

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
					Confidence			
					Code			
22:6 n-3 (DHA).....g	0.000	0.000	11	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	5.541		0	NC	4	5.208	0.111	0.166
Fatty acids, total trans-monoenoic.....g	5.359		0	NC	4	5.037	0.107	0.161
Fatty acids, total trans-polyenoic.....g	0.182		0	NC	4	0.171	0.004	0.005
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg	32		0		4	30	1	1
Amino Acids:								
Tryptophan.....g	0.066		0	A	1	0.062	0.001	0.002
Threonine.....g	0.203		0	A	1	0.191	0.004	0.006
Isoleucine.....g	0.294		0	A	1	0.276	0.006	0.009
Leucine.....g	0.473		0	A	1	0.445	0.009	0.014
Lysine.....g	0.385		0	A	1	0.362	0.008	0.012
Methionine.....g	0.145		0	A	1	0.136	0.003	0.004
Cystine.....g	0.021		0	A	1	0.020	0.000	0.001
Phenylalanine.....g	0.257		0	A	1	0.242	0.005	0.008
Tyrosine.....g	0.274		0	A	1	0.258	0.005	0.008
Valine.....g	0.343		0	A	1	0.322	0.007	0.010
Arginine.....g	0.190		0	A	1	0.179	0.004	0.006
Histidine.....g	0.142		0	A	1	0.133	0.003	0.004
Alanine.....g	0.150		0	A	1	0.141	0.003	0.005
Aspartic acid.....g	0.339		0	A	1	0.319	0.007	0.010
Glutamic acid.....g	1.088		0	A	1	1.023	0.022	0.033
Glycine.....g	0.096		0	A	1	0.090	0.002	0.003
Proline.....g	0.540		0	A	1	0.508	0.011	0.016
Serine.....g	0.295		0	A	1	0.277	0.006	0.009
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 2.0g: 1 tsp

Measure 3 = 3.0g: 1 packet

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cream substitute, powdered, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points	Code	Code				Code
Proximates:									
Water.....g	6.20		0		1		5.83	0.19	
Energy.....kcal	431		0		1		405	13	
Energy.....kJ	1803		0		1		1695	54	
Protein.....g	1.90		0		1		1.79	0.06	
Total lipid (fat).....g	15.70		0		1		14.76	0.47	
Ash.....g	2.80		0	NR	4		2.63	0.08	
Carbohydrate, by difference.....g	73.40		0	NC	4		69.00	2.20	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	73.40		0	NR	4		69.00	2.20	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0		1		1	0	
Iron, Fe.....mg	0.03		0		1		0.03	0.00	
Magnesium, Mg.....mg	0		0		1		0	0	
Phosphorus, P.....mg	136		0		1		128	4	
Potassium, K.....mg	902		0		1		848	27	
Sodium, Na.....mg	229		0		1		215	7	
Zinc, Zn.....mg	0.02		0		1		0.02	0.00	
Copper, Cu.....mg	0.010		0		1		0.009	0.000	
Manganese, Mn.....mg									
Selenium, Se.....µg	0.8		0	BFNN	4		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	1		0		1		1	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0		1		1	0	
Folate, DFE.....µg	1		0	NC	4		1	0	
Choline, total.....mg	2.3		0	BFZN	4		2.2	0.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		1	0	
Retinol.....µg	0		0	BFFN	4		0	0	
Carotene, beta.....µg	9		0	BFFN	4		8	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	15		0	NC	4		14	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4		0.25	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.9		0	BFFN	4		3.7	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42136

Cream substitute, powdered, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	3.800		0		1		3.572	0.114	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	1.115		0		4		1.048	0.033	
17:0.....g									
18:0.....g	2.690		0		4		2.529	0.081	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.500		0		1		10.810	0.345	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.500		0		4		10.810	0.345	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.186	0.006	
18:2 undifferentiated.....g	0.198		0		4		0.186	0.006	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 3.0g: 1 packet

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01049
Cream, fluid, half and half

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Number						measures of food		
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.24	0.063	10	A	1		24.53	12.19	196.60
Energy.....kcal	123		0	NC	4		37	18	298
Energy.....kJ	515		0	NC	4		156	77	1246
Protein (N x 6.38).....g	3.13	0.047	10	A	1		0.94	0.47	7.57
Total lipid (fat).....g	10.39	0.186	9	A	1		3.14	1.56	25.14
Ash.....g	0.51	0.054	10	A	1		0.15	0.08	1.23
Carbohydrate, by difference.....g	4.73		0	NC	4		1.43	0.71	11.46
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	4.13	0.044	6	A	1		1.25	0.62	9.99
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose.....g	4.13	0.044	6	A	1		1.25	0.62	9.99
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	107	1.502	10	A	1		32	16	259
Iron, Fe.....mg	0.05	0.005	10	A	1		0.01	0.01	0.12
Magnesium, Mg.....mg	10	0.077	10	A	1		3	1	24
Phosphorus, P.....mg	95	3.406	10	A	1		29	14	230
Potassium, K.....mg	132	1.251	10	A	1		40	20	320
Sodium, Na.....mg	61	6.023	10	A	1		19	9	149
Zinc, Zn.....mg	0.39	0.008	10	A	1		0.12	0.06	0.95
Copper, Cu.....mg	0.009	0.000	10	A	1		0.003	0.001	0.022
Manganese, Mn.....mg	0.005	0.000	10	A	1		0.002	0.001	0.013
Selenium, Se.....µg	3.2		1	A	1		1.0	0.5	7.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	0.1	2.1
Thiamin.....mg	0.030	0.000	6	A	1		0.009	0.004	0.072
Riboflavin.....mg	0.194	0.014	6	A	1		0.059	0.029	0.469
Niacin.....mg	0.109	0.000	6	A	1		0.033	0.016	0.264
Pantothenic acid.....mg	0.539	0.019	4	A	1		0.163	0.081	1.303
Vitamin B-6.....mg	0.050	0.001	6	A	1		0.015	0.008	0.121
Folate, total.....µg	3	0.252	3		1		1	0	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	3	0.252	3		1		1	0	6
Folate, DFE.....µg	3		0	NC	4		1	0	6
Choline, total.....mg	18.7		0	AS	1		5.6	2.8	45.3
Betaine.....mg	0.7		1	A	1		0.2	0.1	1.6
Vitamin B-12.....µg	0.19	0.046	6	A	1		0.06	0.03	0.45
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	97		0	NC	4		29	15	234
Retinol.....µg	95		0	T	4		29	14	230
Carotene, beta.....µg	22		0	BFFN	4		7	3	54
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	354		0	NC	4		107	53	856
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.25	0.001	4	A	1		0.07	0.04	0.59
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		1	AS	1	0.0	0.0	0.1
Vitamin D2 (ergocalciferol).....µg	0.0		1	A	1	0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		1	A	1	0.0	0.0	0.1
Vitamin D.....IU	2		1	A	1	1	0	5
Vitamin K (phylloquinone).....µg	1.3		1	A	1	0.4	0.2	3.1
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	7.032		0	NC	4	2.124	1.055	17.016
4:0.....g	0.247	0.006	4	A	1	0.074	0.037	0.597
6:0.....g	0.202	0.002	4	A	1	0.061	0.030	0.488
8:0.....g	0.127	0.001	4	A	1	0.038	0.019	0.308
10:0.....g	0.303	0.001	4	A	1	0.091	0.045	0.733
12:0.....g	0.351	0.001	4	A	1	0.106	0.053	0.850
13:0.....g								
14:0.....g	1.148	0.004	4	A	1	0.347	0.172	2.779
15:0.....g	0.126	0.004	4	A	1	0.038	0.019	0.305
16:0.....g	3.207	0.020	4	A	1	0.969	0.481	7.762
17:0.....g	0.076	0.005	4	A	1	0.023	0.011	0.185
18:0.....g	1.221	0.068	4	A	1	0.369	0.183	2.954
20:0.....g	0.015	0.001	4	A	1	0.005	0.002	0.037
22:0.....g	0.004	0.000	4	A	1	0.001	0.001	0.011
24:0.....g	0.003	0.000	4	A	1	0.001	0.000	0.007
Fatty acids, total monounsaturated.....g	3.320		0	NC	4	1.003	0.498	8.034
14:1.....g	0.124	0.003	4	A	1	0.037	0.019	0.299
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.246	0.006	4	AS	1	0.074	0.037	0.595
16:1 c.....g	0.205	0.004	4	A	1	0.062	0.031	0.496
16:1 t.....g	0.041	0.002	4	A	1	0.012	0.006	0.099
17:1.....g	0.025	0.002	4	A	1	0.008	0.004	0.061
18:1 undifferentiated.....g	2.905	0.205	4	AS	1	0.877	0.436	7.030
18:1 c.....g	2.566	0.171	4	A	1	0.775	0.385	6.209
18:1 t.....g	0.339	0.035	4	A	1	0.102	0.051	0.820
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.020	0.001	4	A	1	0.006	0.003	0.049
22:1 undifferentiated.....g	0.000	0.000	4	AS	1	0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.554		0	NC	4	0.167	0.083	1.341
18:2 undifferentiated.....g	0.466	0.031	4	AS	1	0.141	0.070	1.127
18:2 n-6 c,c.....g	0.314	0.021	4	A	1	0.095	0.047	0.761
18:2 CLAs.....g	0.069	0.006	4	A	1	0.021	0.010	0.167
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.083	0.005	4	A	1	0.025	0.012	0.200
18:3 undifferentiated.....g	0.041	0.001	4	AS	1	0.012	0.006	0.099
18:3 n-3 c,c,c (ALA).....g	0.040	0.001	4	A	1	0.012	0.006	0.096
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
18:3i.....g	0.001	0.000	4	A	1	0.000	0.000	0.003
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.003	0.000	4	A	1	0.001	0.000	0.007
20:3 undifferentiated.....g	0.014	0.000	4	AS	1	0.004	0.002	0.034
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:3 n-6.....g	0.014	0.000	4	A	1	0.004	0.002	0.034
20:4 undifferentiated.....g	0.018	0.001	4	A	1	0.006	0.003	0.045
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.003	0.000	4	A	1	0.001	0.000	0.007
21:5.....g								
22:4.....g	0.003	0.000	4	A	1	0.001	0.000	0.007
22:5 n-3 (DPA).....g	0.006	0.000	4	A	1	0.002	0.001	0.015

NDB No. 01049
Cream, fluid, half and half

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
					Confidence			
					Code			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.464		0	NC	4	0.140	0.070	1.122
Fatty acids, total trans-monoenoic.....g	0.380		0	NC	4	0.115	0.057	0.919
Fatty acids, total trans-polyenoic.....g	0.084		0	NC	4	0.025	0.013	0.202
Cholesterol.....mg	35	0.600	6	A	1	11	5	85
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.073		0	A	1	0.022	0.011	0.176
Threonine.....g	0.139		0	A	1	0.042	0.021	0.336
Isoleucine.....g	0.160		0	A	1	0.048	0.024	0.388
Leucine.....g	0.258		0	A	1	0.078	0.039	0.624
Lysine.....g	0.136		0	A	1	0.041	0.020	0.330
Methionine.....g	0.073		0	A	1	0.022	0.011	0.176
Cystine.....g	0.016		0	A	1	0.005	0.002	0.039
Phenylalanine.....g	0.143		0	A	1	0.043	0.021	0.345
Tyrosine.....g	0.147		0	A	1	0.044	0.022	0.356
Valine.....g	0.187		0	A	1	0.056	0.028	0.451
Arginine.....g	0.073		0	A	1	0.022	0.011	0.176
Histidine.....g	0.073		0	A	1	0.022	0.011	0.176
Alanine.....g	0.100		0	A	1	0.030	0.015	0.241
Aspartic acid.....g	0.230		0	A	1	0.070	0.035	0.558
Glutamic acid.....g	0.629		0	A	1	0.190	0.094	1.523
Glycine.....g	0.073		0	A	1	0.022	0.011	0.176
Proline.....g	0.332		0	A	1	0.100	0.050	0.803
Serine.....g	0.104		0	A	1	0.031	0.016	0.251
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 242g: 1 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01053
Cream, fluid, heavy whipping

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
	Points	Code	Code	Code				
Proximates:								
Water.....g	57.81	0.540	7	A	1	69.37	137.58	8.67
Energy.....kcal	340		0	NC	4	408	809	51
Energy.....kJ	1422		0	NC	4	1706	3384	213
Protein (N x 6.38).....g	2.84	0.238	7	A	1	3.41	6.77	0.43
Total lipid (fat).....g	36.08	0.520	6	A	1	43.29	85.86	5.41
Ash.....g	0.53	0.038	7	A	1	0.64	1.27	0.08
Carbohydrate, by difference.....g	2.74		0	NC	4	3.29	6.53	0.41
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0
Sugars, total.....g	2.92	0.053	6	A	1	3.51	6.96	0.44
Sucrose.....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Fructose.....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Lactose.....g	2.92	0.053	6	A	1	3.51	6.96	0.44
Maltose.....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Starch.....g								
Minerals:								
Calcium, Ca.....mg	66	0.894	9	A	1	79	156	10
Iron, Fe.....mg	0.10	0.029	9	A	1	0.12	0.24	0.02
Magnesium, Mg.....mg	7	0.100	9	A	1	8	16	1
Phosphorus, P.....mg	58	0.855	9	A	1	70	139	9
Potassium, K.....mg	95	1.697	9	A	1	114	226	14
Sodium, Na.....mg	27	1.075	9	A	1	32	64	4
Zinc, Zn.....mg	0.24	0.005	9	A	1	0.28	0.56	0.04
Copper, Cu.....mg	0.011	0.001	9	A	1	0.013	0.026	0.002
Manganese, Mn.....mg	0.006	0.000	9	A	1	0.007	0.014	0.001
Selenium, Se.....µg	3.0		1	A	1	3.6	7.1	0.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0		1	0.7	1.4	0.1
Thiamin.....mg	0.020	0.000	6	A	1	0.024	0.047	0.003
Riboflavin.....mg	0.188	0.007	6	A	1	0.225	0.447	0.028
Niacin.....mg	0.064	0.003	6	A	1	0.077	0.153	0.010
Pantothenic acid.....mg	0.495	0.021	4	A	1	0.594	1.178	0.074
Vitamin B-6.....mg	0.035	0.002	6	A	1	0.042	0.083	0.005
Folate, total.....µg	4		0		1	4	9	1
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	4		0		1	4	9	1
Folate, DFE.....µg	4		0	NC	4	4	9	1
Choline, total.....mg	16.8		0	T	4	20.2	40.0	2.5
Betaine.....mg								
Vitamin B-12.....µg	0.16	0.010	6	A	1	0.19	0.37	0.02
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	411		0	NC	4	493	978	62
Retinol.....µg	405		0	T	4	486	964	61
Carotene, beta.....µg	72		0	BFFN	4	86	171	11
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	1470		0	NC	4	1764	3498	220
Lycopene.....µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.92	0.080	4	A	1	1.10	2.19	0.14
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.24	0.004	4	A	1	0.29	0.57	0.04
Tocopherol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.09	0.010	4	A	1	0.11	0.22	0.01
Tocotrienol, beta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.6		1	AS	1		1.9	3.8	0.2
Vitamin D2 (ergocalciferol).....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	1.6		1	A	1		1.9	3.8	0.2
Vitamin D.....IU	63		1	A	1		76	150	9
Vitamin K (phylloquinone).....µg	3.2		0	BFFN	4		3.8	7.6	0.5
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	23.032		0		1		27.638	54.816	3.455
4:0.....g	0.732	0.017	6	A	1		0.879	1.743	0.110
6:0.....g	0.609	0.012	6	A	1		0.731	1.450	0.091
8:0.....g	0.384	0.006	6	A	1		0.461	0.914	0.058
10:0.....g	0.905	0.013	6	A	1		1.086	2.155	0.136
12:0.....g	1.050	0.019	6	A	1		1.260	2.499	0.157
13:0.....g									
14:0.....g	3.331	0.098	6	A	1		3.997	7.927	0.500
15:0.....g	0.353	0.014	6	A	1		0.424	0.841	0.053
16:0.....g	9.298	0.387	6	A	1		11.158	22.130	1.395
17:0.....g	0.210	0.008	6	A	1		0.252	0.501	0.032
18:0.....g	3.572	0.073	6	A	1		4.287	8.502	0.536
20:0.....g	0.047	0.001	6	A	1		0.056	0.111	0.007
22:0.....g	0.015	0.001	6	A	1		0.018	0.036	0.002
24:0.....g	0.009	0.001	6	A	1		0.011	0.022	0.001
Fatty acids, total monounsaturated.....g	9.101		0	NC	4		10.921	21.660	1.365
14:1.....g	0.344	0.018	6	A	1		0.412	0.818	0.052
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.656	0.038	6	AS	1		0.788	1.562	0.098
16:1 c.....g	0.547	0.032	6	A	1		0.657	1.302	0.082
16:1 t.....g	0.109	0.006	6	A	1		0.131	0.260	0.016
17:1.....g	0.065	0.003	6	A	1		0.078	0.154	0.010
18:1 undifferentiated.....g	7.968	0.130	6	AS	1		9.562	18.965	1.195
18:1 c.....g	7.078	0.131	6	A	1		8.493	16.845	1.062
18:1 t.....g	0.891	0.014	6	A	1		1.069	2.120	0.134
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.065	0.002	6	A	1		0.078	0.155	0.010
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.003	0.006	0.000
22:1 c.....g	0.003	0.000	6	A	1		0.003	0.006	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.570		0	NC	4		1.884	3.737	0.236
18:2 undifferentiated.....g	1.294	0.024	6	AS	1		1.552	3.079	0.194
18:2 n-6 c,c.....g	0.874	0.021	6	A	1		1.049	2.080	0.131
18:2 CLAs.....g	0.188	0.005	6	A	1		0.225	0.447	0.028
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.232	0.004	6	A	1		0.278	0.552	0.035
18:3 undifferentiated.....g	0.128	0.008	6	AS	1		0.153	0.304	0.019
18:3 n-3 c,c,c (ALA).....g	0.122	0.007	6	A	1		0.146	0.290	0.018
18:3 n-6 c,c,c.....g	0.002	0.001	6	A	1		0.002	0.004	0.000
18:3i.....g	0.004	0.000	6	A	1		0.005	0.010	0.001
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.008	0.001	6	A	1		0.010	0.020	0.001
20:3 undifferentiated.....g	0.041	0.000	6	AS	1		0.049	0.097	0.006
20:3 n-3.....g	0.002	0.000	6	A	1		0.002	0.005	0.000
20:3 n-6.....g	0.039	0.000	6	A	1		0.047	0.093	0.006
20:4 undifferentiated.....g	0.058	0.001	6	A	1		0.069	0.137	0.009
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.009	0.001	6	A	1		0.011	0.022	0.001
21:5.....g									
22:4.....g	0.010	0.000	6	A	1		0.012	0.025	0.002
22:5 n-3 (DPA).....g	0.020	0.001	6	A	1		0.024	0.048	0.003

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
					Confidence			
					Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	1.236		0	NC	4	1.484	2.942	0.185
Fatty acids, total trans-monoenoic.....g	1.000		0	NC	4	1.200	2.380	0.150
Fatty acids, total trans-polyenoic.....g	0.236		0	NC	4	0.283	0.562	0.035
Cholesterol.....mg	113	1.853	6	A	1	135	268	17
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.066		0	A	1	0.079	0.157	0.010
Threonine.....g	0.126		0	A	1	0.151	0.300	0.019
Isoleucine.....g	0.146		0	A	1	0.175	0.347	0.022
Leucine.....g	0.234		0	A	1	0.281	0.557	0.035
Lysine.....g	0.124		0	A	1	0.148	0.294	0.019
Methionine.....g	0.066		0	A	1	0.079	0.157	0.010
Cystine.....g	0.015		0	A	1	0.018	0.035	0.002
Phenylalanine.....g	0.130		0	A	1	0.156	0.309	0.019
Tyrosine.....g	0.134		0	A	1	0.161	0.318	0.020
Valine.....g	0.170		0	A	1	0.203	0.403	0.025
Arginine.....g	0.066		0	A	1	0.079	0.157	0.010
Histidine.....g	0.066		0	A	1	0.079	0.157	0.010
Alanine.....g	0.091		0	A	1	0.109	0.216	0.014
Aspartic acid.....g	0.209		0	A	1	0.251	0.498	0.031
Glutamic acid.....g	0.572		0	A	1	0.686	1.361	0.086
Glycine.....g	0.066		0	A	1	0.079	0.157	0.010
Proline.....g	0.302		0	A	1	0.362	0.718	0.045
Serine.....g	0.094		0	A	1	0.113	0.224	0.014
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup, whipped

Measure 2 = 238g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.51	0.179	3	A	1		22.35	11.18	178.83
Energy.....kcal	191		0	NC	4		57	29	459
Energy.....kJ	801		0	NC	4		240	120	1922
Protein (N x 6.38).....g	2.96	0.129	3	A	1		0.89	0.44	7.09
Total lipid (fat).....g	19.10		2	A	1		5.73	2.87	45.85
Ash.....g	0.61	0.012	3	A	1		0.18	0.09	1.46
Carbohydrate, by difference.....g	2.82		0	NC	4		0.85	0.42	6.76
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	3.67	0.022	3	A	1		1.10	0.55	8.80
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	3.67	0.022	3	A	1		1.10	0.55	8.80
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91	1.186	3	A	1		27	14	218
Iron, Fe.....mg	0.05	0.011	3	A	1		0.01	0.01	0.11
Magnesium, Mg.....mg	9	0.515	3	A	1		3	1	22
Phosphorus, P.....mg	92	5.172	3	A	1		28	14	220
Potassium, K.....mg	136	17.836	3	A	1		41	20	327
Sodium, Na.....mg	72	4.957	3	A	1		22	11	172
Zinc, Zn.....mg	0.32	0.012	3	A	1		0.10	0.05	0.76
Copper, Cu.....mg	0.012	0.003	3	A	1		0.004	0.002	0.029
Manganese, Mn.....mg	0.005	0.000	3	A	1		0.002	0.001	0.013
Selenium, Se.....µg	4.6		1	A	1		1.4	0.7	11.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.2	0.1	1.8
Thiamin.....mg	0.023	0.003	3	A	1		0.007	0.003	0.056
Riboflavin.....mg	0.190	0.006	3	A	1		0.057	0.028	0.456
Niacin.....mg	0.090	0.000	3	A	1		0.027	0.014	0.216
Pantothenic acid.....mg	0.440	0.006	3	A	1		0.132	0.066	1.056
Vitamin B-6.....mg	0.044	0.001	3	A	1		0.013	0.007	0.105
Folate, total.....µg	2	0.116	3		1		1	0	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	2	0.116	3		1		1	0	6
Folate, DFE.....µg	2		0	NC	4		1	0	6
Choline, total.....mg	16.8		0	T	4		5.0	2.5	40.3
Betaine.....mg									
Vitamin B-12.....µg	0.14	0.017	3	A	1		0.04	0.02	0.34
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	181		0	NC	4		54	27	435
Retinol.....µg	178		0	T	4		53	27	427
Carotene, beta.....µg	37		0	BFFN	4		11	6	90
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	656		0	NC	4		197	98	1574
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.12		1	A	1		0.04	0.02	0.28
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.1		1	AS	1		0.3	0.2	2.6
Vitamin D2 (ergocalciferol).....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	1.1		1	A	1		0.3	0.2	2.6
Vitamin D.....IU	44		1	A	1		13	7	106
Vitamin K (phylloquinone).....µg	1.7		0	BFFN	4		0.5	0.2	4.0
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	10.176		0	NC	4		3.053	1.526	24.423
4:0.....g	0.388		2	A	1		0.116	0.058	0.930
6:0.....g	0.314		2	A	1		0.094	0.047	0.753
8:0.....g	0.194		2	A	1		0.058	0.029	0.467
10:0.....g	0.456		2	A	1		0.137	0.068	1.094
12:0.....g	0.526		2	A	1		0.158	0.079	1.262
13:0.....g									
14:0.....g	1.682		2	A	1		0.505	0.252	4.037
15:0.....g	0.174		2	A	1		0.052	0.026	0.419
16:0.....g	4.585		2	A	1		1.376	0.688	11.005
17:0.....g	0.103		2	A	1		0.031	0.016	0.248
18:0.....g	1.719		2	A	1		0.516	0.258	4.127
20:0.....g	0.023		2	A	1		0.007	0.003	0.055
22:0.....g	0.007		2	A	1		0.002	0.001	0.017
24:0.....g	0.004		2	A	1		0.001	0.001	0.010
Fatty acids, total monounsaturated.....g	4.525		0	NC	4		1.358	0.679	10.860
14:1.....g	0.175		2	A	1		0.052	0.026	0.419
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.334		0	AS	1		0.100	0.050	0.803
16:1 c.....g	0.280		2	A	1		0.084	0.042	0.673
16:1 t.....g	0.054		2	A	1		0.016	0.008	0.130
17:1.....g	0.032		2	A	1		0.010	0.005	0.078
18:1 undifferentiated.....g	3.952		0	AS	1		1.186	0.593	9.484
18:1 c.....g	3.509		2	A	1		1.053	0.526	8.421
18:1 t.....g	0.443		2	A	1		0.133	0.066	1.063
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.030		2	A	1		0.009	0.005	0.073
22:1 undifferentiated.....g	0.002		0	AS	1		0.000	0.000	0.004
22:1 c.....g	0.002		2	A	1		0.000	0.000	0.004
22:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.789		0	NC	4		0.237	0.118	1.895
18:2 undifferentiated.....g	0.654		0	AS	1		0.196	0.098	1.569
18:2 n-6 c,c.....g	0.433		2	A	1		0.130	0.065	1.038
18:2 CLAs.....g	0.095		2	A	1		0.029	0.014	0.229
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.126		2	A	1		0.038	0.019	0.302
18:3 undifferentiated.....g	0.064		0	AS	1		0.019	0.010	0.155
18:3 n-3 c,c,c (ALA).....g	0.062		2	A	1		0.019	0.009	0.150
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g	0.002		2	A	1		0.001	0.000	0.005
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004		2	A	1		0.001	0.001	0.010
20:3 undifferentiated.....g	0.019		0	AS	1		0.006	0.003	0.045
20:3 n-3.....g	0.001		2	A	1		0.000	0.000	0.001
20:3 n-6.....g	0.018		2	A	1		0.006	0.003	0.044
20:4 undifferentiated.....g	0.027		2	A	1		0.008	0.004	0.066
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005		2	A	1		0.001	0.001	0.012
21:5.....g									
22:4.....g	0.004		2	A	1		0.001	0.001	0.011
22:5 n-3 (DPA).....g	0.010		2	A	1		0.003	0.002	0.025

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.625		0	NC	4		0.187	0.094	1.500
Fatty acids, total trans-monoenoic.....g	0.497		0	NC	4		0.149	0.075	1.193
Fatty acids, total trans-polyenoic.....g	0.128		0	NC	4		0.038	0.019	0.307
Cholesterol.....mg	59	0.188	3	A	1		18	9	142
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0	A	1		0.021	0.010	0.165
Threonine.....g	0.131		0	A	1		0.039	0.020	0.315
Isoleucine.....g	0.151		0	A	1		0.045	0.023	0.363
Leucine.....g	0.243		0	A	1		0.073	0.037	0.584
Lysine.....g	0.129		0	A	1		0.039	0.019	0.309
Methionine.....g	0.069		0	A	1		0.021	0.010	0.165
Cystine.....g	0.015		0	A	1		0.005	0.002	0.037
Phenylalanine.....g	0.135		0	A	1		0.040	0.020	0.323
Tyrosine.....g	0.139		0	A	1		0.042	0.021	0.334
Valine.....g	0.176		0	A	1		0.053	0.026	0.423
Arginine.....g	0.069		0	A	1		0.021	0.010	0.165
Histidine.....g	0.069		0	A	1		0.021	0.010	0.165
Alanine.....g	0.094		0	A	1		0.028	0.014	0.226
Aspartic acid.....g	0.218		0	A	1		0.065	0.033	0.522
Glutamic acid.....g	0.594		0	A	1		0.178	0.089	1.427
Glycine.....g	0.069		0	A	1		0.021	0.010	0.165
Proline.....g	0.313		0	A	1		0.094	0.047	0.752
Serine.....g	0.098		0	A	1		0.029	0.015	0.235
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 240g: 1 cup

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	63.50	0.873	9		1		76.20	151.77	9.53
Energy.....kcal	292		0	NC	4		351	699	44
Energy.....kJ	1223		0	NC	4		1468	2923	183
Protein (N x 6.38).....g	2.17	0.046	9		1		2.60	5.19	0.33
Total lipid (fat).....g	30.91	0.498	8		1		37.09	73.87	4.64
Ash.....g	0.46	0.028	5		1		0.55	1.10	0.07
Carbohydrate, by difference.....g	2.96		0	NC	4		3.55	7.07	0.44
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	2.96		0	NR	4		3.55	7.07	0.44
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69	4.267	9		1		83	166	10
Iron, Fe.....mg	0.03		0		1		0.04	0.07	0.00
Magnesium, Mg.....mg	7	0.337	6		1		9	17	1
Phosphorus, P.....mg	61	3.359	8		1		73	146	9
Potassium, K.....mg	97	7.582	8		1		116	231	15
Sodium, Na.....mg	34	2.229	9		1		41	82	5
Zinc, Zn.....mg	0.25		0		1		0.30	0.60	0.04
Copper, Cu.....mg	0.007		0		1		0.008	0.017	0.001
Manganese, Mn.....mg	0.001		0		1		0.001	0.002	0.000
Selenium, Se.....µg	0.5		0	BFNN	4		0.6	1.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.7	1.5	0.1
Thiamin.....mg	0.024	0.001	9		1		0.029	0.057	0.004
Riboflavin.....mg	0.125	0.008	8		1		0.150	0.299	0.019
Niacin.....mg	0.042		0		1		0.050	0.100	0.006
Pantothenic acid.....mg	0.259		0		1		0.311	0.619	0.039
Vitamin B-6.....mg	0.028	0.002	8		1		0.034	0.067	0.004
Folate, total.....µg	4	0.265	3		1		4	9	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4	0.265	3		1		4	9	1
Folate, DFE.....µg	4		0	NC	4		4	9	1
Choline, total.....mg	16.8		0	T	4		20.2	40.2	2.5
Betaine.....mg									
Vitamin B-12.....µg	0.20	0.009	6		1		0.23	0.47	0.03
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	279		0	NC	4		335	667	42
Retinol.....µg	274		0	T	4		329	655	41
Carotene, beta.....µg	60		0	BFFN	4		72	143	9
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1013		0	NC	4		1216	2422	152
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.88		0	BFFN	4		1.06	2.11	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.7	1.4	0.1
Vitamin D.....IU	23		0	BFFN	4		27	54	3
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4		3.2	6.4	0.4
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01052
Cream, fluid, light w hiping

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	19.337		0		1		23.204	46.215	2.901
4:0.....g	1.083		1		1		1.300	2.588	0.162
6:0.....g	0.302	0.028	9		1		0.362	0.722	0.045
8:0.....g	0.309	0.024	9		1		0.371	0.739	0.046
10:0.....g	0.629	0.038	9		1		0.755	1.503	0.094
12:0.....g	0.366	0.023	9		1		0.439	0.875	0.055
13:0.....g									
14:0.....g	3.290	0.191	9		1		3.948	7.863	0.494
15:0.....g									
16:0.....g	8.840	0.338	9		1		10.608	21.128	1.326
17:0.....g									
18:0.....g	3.370	0.175	9		1		4.044	8.054	0.506
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.093		0		1		10.912	21.732	1.364
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010	0.042	9		1		1.212	2.414	0.152
17:1.....g									
18:1 undifferentiated.....g	7.658	0.292	9		1		9.190	18.303	1.149
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.884		0		1		1.061	2.113	0.133
18:2 undifferentiated.....g	0.618	0.050	9		1		0.742	1.477	0.093
18:3 undifferentiated.....g	0.266	0.015	9		1		0.319	0.636	0.040
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	111		0		1		133	265	17
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1		0.037	0.074	0.005
Threonine.....g	0.098		0		1		0.118	0.234	0.015
Isoleucine.....g	0.131		0		1		0.157	0.313	0.020
Leucine.....g	0.213		0		1		0.256	0.509	0.032
Lysine.....g	0.172		0		1		0.206	0.411	0.026
Methionine.....g	0.054		0		1		0.065	0.129	0.008
Cystine.....g	0.020		0		1		0.024	0.048	0.003
Phenylalanine.....g	0.105		0		1		0.126	0.251	0.016
Tyrosine.....g	0.105		0		1		0.126	0.251	0.016
Valine.....g	0.145		0		1		0.174	0.347	0.022
Arginine.....g	0.079		0		1		0.095	0.189	0.012
Histidine.....g	0.059		0		1		0.071	0.141	0.009
Alanine.....g	0.075		0		1		0.090	0.179	0.011
Aspartic acid.....g	0.165		0		1		0.198	0.394	0.025
Glutamic acid.....g	0.454		0		1		0.545	1.085	0.068
Glycine.....g	0.046		0		1		0.055	0.110	0.007
Proline.....g	0.210		0		1		0.252	0.502	0.032
Serine.....g	0.118		0		1		0.142	0.282	0.018
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01052
Cream , fluid, light w whipping

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 120g: 1 cup, whipped
Measure 2 = 239g: 1 cup, fluid (yields 2 cups whipped)
Measure 3 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01199
Cream, half and half, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.841		0	NC	4		0.244	4.071	
4:0.....g	0.045		0	BFFN	4		0.013	0.220	
6:0.....g	0.027		0	BFFN	4		0.008	0.130	
8:0.....g	0.016		0	BFFN	4		0.005	0.076	
10:0.....g	0.035		0	BFFN	4		0.010	0.170	
12:0.....g	0.039		0	BFFN	4		0.011	0.190	
13:0.....g									
14:0.....g	0.141		0	BFFN	4		0.041	0.682	
15:0.....g									
16:0.....g	0.368		0	BFFN	4		0.107	1.782	
17:0.....g									
18:0.....g	0.170		0	BFFN	4		0.049	0.821	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.384		0	NC	4		0.111	1.857	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFFN	4		0.009	0.152	
17:1.....g									
18:1 undifferentiated.....g	0.352		0	BFFN	4		0.102	1.705	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	NC	4		0.015	0.252	
18:2 undifferentiated.....g	0.032		0	BFFN	4		0.009	0.153	
18:3 undifferentiated.....g	0.020		0	BFFN	4		0.006	0.098	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	LC	8		1	24	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	LC	8		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 2 tbsp

Measure 2 = 484g: 1 pint

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01303
Cream, half and half, lowfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	
			Points	Code			
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	3.276		0	NC		4	
4:0.....g	0.119		0	BFFN		4	
6:0.....g	0.097		0	BFFN		4	
8:0.....g	0.061		0	BFFN		4	
10:0.....g	0.146		0	BFFN		4	
12:0.....g	0.169		0	BFFN		4	
13:0.....g							
14:0.....g	0.553		0	BFFN		4	
15:0.....g							
16:0.....g	1.544		0	BFFN		4	
17:0.....g							
18:0.....g	0.588		0	BFFN		4	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.526		0	NC		4	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.118		0	BFFN		4	
17:1.....g							
18:1 undifferentiated.....g	1.398		0	BFFN		4	
20:1.....g	0.010		0	BFFN		4	
22:1 undifferentiated.....g	0.000		0	BFFN		4	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.257		0	NC		4	
18:2 undifferentiated.....g	0.224		0	BFFN		4	
18:3 undifferentiated.....g	0.020		0	BFFN		4	
18:4.....g	0.000		0	BFFN		4	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.009		0	BFFN		4	
20:5 n-3 (EPA).....g	0.001		0	BFFN		4	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.003		0	BFFN		4	
22:6 n-3 (DHA).....g	0.000		0	BFFN		4	
Fatty acids, total trans.....g	0.000		0			8	
Cholesterol.....mg	17		0			8	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	BFFN		4	
Caffeine.....mg	0		0	BFFN		4	
Theobromine.....mg	0		0	BFFN		4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01056
Cream, sour, cultured

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	73.07	0.455	6	A	1	8.77	168.06		
Energy.....kcal	198		0	NC	4	24	456		
Energy.....kJ	830		0	NC	4	100	1909		
Protein (N x 6.38).....g	2.44	0.204	10	A	1	0.29	5.62		
Total lipid (fat).....g	19.35	0.152	6	A	1	2.32	44.50		
Ash.....g	0.51	0.036	10	A	1	0.06	1.17		
Carbohydrate, by difference.....g	4.63		0	NC	4	0.56	10.65		
Fiber, total dietary.....g	0.0	0.000	3	A	1	0.0	0.0		
Sugars, total.....g	3.41	0.189	4	A	1	0.41	7.84		
Sucrose.....g	0.00	0.000	4	A	1	0.00	0.00		
Glucose (dextrose).....g	0.00	0.000	4	A	1	0.00	0.00		
Fructose.....g	0.00	0.000	4	A	1	0.00	0.00		
Lactose.....g	3.41	0.189	4	A	1	0.41	7.84		
Maltose.....g	0.00	0.000	4	A	1	0.00	0.00		
Galactose.....g	0.00	0.000	4	A	1	0.00	0.00		
Starch.....g	0.00	0.000	3	A	1	0.00	0.00		
Minerals:									
Calcium, Ca.....mg	101	0.921	10	A	1	12	233		
Iron, Fe.....mg	0.07	0.000	10	A	1	0.01	0.17		
Magnesium, Mg.....mg	10	0.065	10	A	1	1	22		
Phosphorus, P.....mg	76	0.892	10	A	1	9	174		
Potassium, K.....mg	125	1.876	10	A	1	15	287		
Sodium, Na.....mg	31	0.817	10	A	1	4	72		
Zinc, Zn.....mg	0.33	0.006	10	A	1	0.04	0.75		
Copper, Cu.....mg	0.018	0.000	10	A	1	0.002	0.042		
Manganese, Mn.....mg	0.015	0.000	10	A	1	0.002	0.034		
Selenium, Se.....µg	3.7	0.055	4	A	1	0.4	8.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1	0.1	2.0		
Thiamin.....mg	0.020	0.000	4	A	1	0.002	0.046		
Riboflavin.....mg	0.168	0.004	4	A	1	0.020	0.386		
Niacin.....mg	0.093	0.001	4	A	1	0.011	0.214		
Pantothenic acid.....mg	0.472	0.026	4	A	1	0.057	1.086		
Vitamin B-6.....mg	0.041	0.002	4	A	1	0.005	0.094		
Folate, total.....µg	6		2	A	1	1	15		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	6		2	A	1	1	15		
Folate, DFE.....µg	6		0	NC	4	1	15		
Choline, total.....mg	19.2		0	AS	1	2.3	44.2		
Betaine.....mg	0.6		2	A	1	0.1	1.4		
Vitamin B-12.....µg	0.21	0.037	4	A	1	0.02	0.48		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	124		0	AS	1	15	284		
Retinol.....µg	121	11.370	4	A	1	15	279		
Carotene, beta.....µg	25	1.565	4	A	1	3	57		
Carotene, alpha.....µg	0	0.062	4	A	1	0	1		
Cryptoxanthin, beta.....µg	1	0.077	4	A	1	0	1		
Vitamin A, IU.....IU	447		0	AS	1	54	1028		
Lycopene.....µg	0	0.000	4	A	1	0	0		
Lutein + zeaxanthin.....µg	4	0.527	4	A	1	1	10		
Vitamin E (alpha-tocopherol).....mg	0.38	0.023	4	A	1	0.05	0.87		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg	0.00	0.000	4	A	1	0.00	0.00		
Tocopherol, gamma.....mg	0.30	0.042	4	A	1	0.04	0.69		
Tocopherol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00		
Tocotrienol, alpha.....mg	0.02	0.016	4	A	1	0.00	0.04		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1	0.00	0.00		

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
			Points	Code					Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1			0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1			0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		2	AS	1			0.0	0.0
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1			0.0	0.0
Vitamin D3 (cholecalciferol).....µg	0.0		2	A	1			0.0	0.0
Vitamin D.....IU	0		0	Z	7			0	0
Vitamin K (phylloquinone).....µg	1.5		2	A	1			0.2	3.4
Dihydrophyloquinone.....µg	0.0		2	A	1			0.0	0.0
Menaquinone-4.....µg	6.0		2	A	1			0.7	13.9
Lipids:									
Fatty acids, total saturated.....g	10.140		0	NC	4			1.217	23.322
4:0.....g	0.031	0.007	6	A	1			0.004	0.072
6:0.....g	0.203	0.008	6	A	1			0.024	0.468
8:0.....g	0.145	0.003	6	A	1			0.017	0.334
10:0.....g	0.378	0.010	6	A	1			0.045	0.870
12:0.....g	0.447	0.013	6	A	1			0.054	1.028
13:0.....g									
14:0.....g	1.626	0.024	6	A	1			0.195	3.739
15:0.....g	0.171	0.002	6	A	1			0.021	0.394
16:0.....g	5.154	0.125	6	A	1			0.619	11.855
17:0.....g	0.108	0.001	6	A	1			0.013	0.249
18:0.....g	1.832	0.058	6	A	1			0.220	4.213
20:0.....g	0.027	0.001	6	A	1			0.003	0.061
22:0.....g	0.011	0.000	6	A	1			0.001	0.025
24:0.....g	0.006	0.000	6	A	1			0.001	0.014
Fatty acids, total monounsaturated.....g	4.594		0	NC	4			0.551	10.566
14:1.....g	0.134	0.006	6	A	1			0.016	0.308
15:1.....g	0.000	0.000	3	A	1			0.000	0.000
16:1 undifferentiated.....g	0.294	0.010	6	AS	1			0.035	0.676
16:1 c.....g	0.294	0.010	6	A	1			0.035	0.676
16:1 t.....g									
17:1.....g	0.007	0.000	6	A	1			0.001	0.016
18:1 undifferentiated.....g	4.129	0.087	6	AS	1			0.495	9.496
18:1 c.....g	3.463	0.058	6	A	1			0.416	7.965
18:1 t.....g	0.666	0.029	6	A	1			0.080	1.532
18:1-11 t (18:1t n-7).....g	0.158	0.004	6	A	1			0.019	0.364
20:1.....g	0.029	0.000	6	A	1			0.003	0.067
22:1 undifferentiated.....g	0.000		0		1			0.000	0.000
24:1 c.....g	0.001	0.000	6	A	1			0.000	0.002
Fatty acids, total polyunsaturated.....g	0.800		0	NC	4			0.096	1.839
18:2 undifferentiated.....g	0.648	0.025	6	AS	1			0.078	1.491
18:2 n-6 c,c.....g	0.438	0.027	6	A	1			0.053	1.006
18:2 CLAs.....g	0.081	0.002	6	A	1			0.010	0.186
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.130	0.000	6	A	1			0.016	0.299
18:3 undifferentiated.....g	0.074	0.000	6	AS	1			0.009	0.170
18:3 n-3 c,c,c (ALA).....g	0.068	0.000	6	A	1			0.008	0.155
18:3 n-6 c,c,c.....g	0.006	0.000	6	A	1			0.001	0.015
18:3i.....g									
18:4.....g	0.000		0		1			0.000	0.000
20:2 n-6 c,c.....g	0.008	0.000	6	A	1			0.001	0.018
20:3 undifferentiated.....g	0.019	0.001	6	AS	1			0.002	0.045
20:3 n-3.....g	0.001	0.000	6	A	1			0.000	0.002
20:3 n-6.....g	0.018	0.001	6	A	1			0.002	0.042
20:4 undifferentiated.....g	0.025	0.001	6	A	1			0.003	0.058
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.000	6	A	1			0.001	0.014
21:5.....g									
22:4.....g	0.001	0.000	6	A	1			0.000	0.002
22:5 n-3 (DPA).....g	0.011	0.000	6	A	1			0.001	0.026
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1			0.000	0.002
Fatty acids, total trans.....g	0.796		0	NC	4			0.095	1.830

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.666		0	NC	4		0.080	1.532	
Fatty acids, total trans-polyenoic.....g	0.130		0	NC	4		0.016	0.299	
Cholesterol.....mg	59	0.863	6	A	1		7	135	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0	A	1		0.005	0.096	
Threonine.....g	0.142		0	A	1		0.017	0.326	
Isoleucine.....g	0.163		0	A	1		0.020	0.376	
Leucine.....g	0.322		0	A	1		0.039	0.740	
Lysine.....g	0.275		0	A	1		0.033	0.632	
Methionine.....g	0.078		0	A	1		0.009	0.180	
Cystine.....g	0.029		0	A	1		0.004	0.067	
Phenylalanine.....g	0.157		0	A	1		0.019	0.362	
Tyrosine.....g	0.152		0	A	1		0.018	0.350	
Valine.....g	0.195		0	A	1		0.023	0.448	
Arginine.....g	0.117		0	A	1		0.014	0.268	
Histidine.....g	0.092		0	A	1		0.011	0.212	
Alanine.....g	0.116		0	A	1		0.014	0.266	
Aspartic acid.....g	0.262		0	A	1		0.031	0.603	
Glutamic acid.....g	0.673		0	A	1		0.081	1.548	
Glycine.....g	0.076		0	A	1		0.009	0.174	
Proline.....g	0.310		0	A	1		0.037	0.712	
Serine.....g	0.191		0	A	1		0.023	0.438	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Measure 2 = 230g: 1 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Cream, sour, reduced fat, cultured

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points	Code	Code				Code
Proximates:									
Water.....g	80.14		0		1		12.02	193.94	
Energy.....kcal	135		0	NC	4		20	326	
Energy.....kJ	563		0	NC	4		84	1362	
Protein (N x 6.38).....g	2.94		0		1		0.44	7.11	
Total lipid (fat).....g	12.00		0		1		1.80	29.04	
Ash.....g	0.66		0		1		0.10	1.60	
Carbohydrate, by difference.....g	4.26		0	NC	4		0.64	10.31	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.16		0	BFNN	4		0.02	0.38	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		0		1		16	253	
Iron, Fe.....mg	0.07		0		1		0.01	0.17	
Magnesium, Mg.....mg	10		0		1		2	24	
Phosphorus, P.....mg	95		0		1		14	229	
Potassium, K.....mg	129		0		1		19	312	
Sodium, Na.....mg	89		0	O	4		13	215	
Zinc, Zn.....mg	0.50		0		1		0.08	1.21	
Copper, Cu.....mg	0.016		0		1		0.002	0.039	
Manganese, Mn.....mg	0.003		0		1		0.000	0.007	
Selenium, Se.....µg	2.1		0	BFNN	4		0.3	5.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.1	2.1	
Thiamin.....mg	0.035		0		1		0.005	0.085	
Riboflavin.....mg	0.149		0		1		0.022	0.361	
Niacin.....mg	0.067		0		1		0.010	0.162	
Pantothenic acid.....mg	0.363		0		1		0.054	0.878	
Vitamin B-6.....mg	0.016		0		1		0.002	0.039	
Folate, total.....µg	11		0		1		2	26	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11		0		1		2	26	
Folate, DFE.....µg	11		0	NC	4		2	26	
Choline, total.....mg	19.2		0	T	4		2.9	46.5	
Betaine.....mg									
Vitamin B-12.....µg	0.30		0		1		0.05	0.73	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	102		0	NC	4		15	247	
Retinol.....µg	100		0	T	4		15	242	
Carotene, beta.....µg	23		0	BFFN	4		3	56	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	372		0	NC	4		56	901	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.34		0	BFFN	4		0.05	0.83	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	AS	1		0.0	0.5	
Vitamin D.....IU	9		0	BFFN	4		1	21	
Vitamin K (phylloquinone).....µg	0.6		0	BFFN	4		0.1	1.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01055
Cream, sour, reduced fat, cultured

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.470		0		1		1.121	18.077	
4:0.....g	0.389		0		1		0.058	0.941	
6:0.....g	0.230		0		1		0.035	0.557	
8:0.....g	0.134		0		1		0.020	0.324	
10:0.....g	0.301		0		1		0.045	0.728	
12:0.....g	0.337		0		1		0.051	0.816	
13:0.....g									
14:0.....g	1.207		0		1		0.181	2.921	
15:0.....g									
16:0.....g	3.156		0		1		0.473	7.638	
17:0.....g									
18:0.....g	1.454		0		1		0.218	3.519	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.466		0		1		0.520	8.388	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.269		0		1		0.040	0.651	
17:1.....g									
18:1 undifferentiated.....g	3.019		0		1		0.453	7.306	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.446		0		1		0.067	1.079	
18:2 undifferentiated.....g	0.271		0		1		0.041	0.656	
18:3 undifferentiated.....g	0.175		0		1		0.026	0.424	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0		1		6	93	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0		4		0.006	0.099	
Threonine.....g	0.133		0		4		0.020	0.322	
Isoleucine.....g	0.178		0		4		0.027	0.431	
Leucine.....g	0.288		0		4		0.043	0.697	
Lysine.....g	0.233		0		4		0.035	0.564	
Methionine.....g	0.074		0		4		0.011	0.179	
Cystine.....g	0.027		0		4		0.004	0.065	
Phenylalanine.....g	0.142		0		4		0.021	0.344	
Tyrosine.....g	0.142		0		4		0.021	0.344	
Valine.....g	0.197		0		4		0.030	0.477	
Arginine.....g	0.106		0		4		0.016	0.257	
Histidine.....g	0.080		0		4		0.012	0.194	
Alanine.....g	0.101		0		4		0.015	0.244	
Aspartic acid.....g	0.223		0		4		0.033	0.540	
Glutamic acid.....g	0.616		0		4		0.092	1.491	
Glycine.....g	0.063		0		4		0.009	0.152	
Proline.....g	0.285		0		4		0.043	0.690	
Serine.....g	0.160		0		4		0.024	0.387	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01055
Cream, sour, reduced fat, cultured

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 15.0g: 1 tbsp
Measure 2 = 242g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01054

Cream, whipped, cream topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	13.831		0		1		8.299	0.415	
4:0.....g	0.721		0		1		0.433	0.022	
6:0.....g	0.427		0		1		0.256	0.013	
8:0.....g	0.248		0		1		0.149	0.007	
10:0.....g	0.557		0		1		0.334	0.017	
12:0.....g	0.624		0		1		0.374	0.019	
13:0.....g									
14:0.....g	2.235		0		1		1.341	0.067	
15:0.....g									
16:0.....g	5.844		0		1		3.506	0.175	
17:0.....g									
18:0.....g	2.693		0		1		1.616	0.081	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.418		0		1		3.851	0.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.498		0		1		0.299	0.015	
17:1.....g									
18:1 undifferentiated.....g	5.590		0		1		3.354	0.168	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.825		0		1		0.495	0.025	
18:2 undifferentiated.....g	0.502		0		1		0.301	0.015	
18:3 undifferentiated.....g	0.323		0		1		0.194	0.010	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		46	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.027	0.001	
Threonine.....g	0.144		0		1		0.086	0.004	
Isoleucine.....g	0.194		0		1		0.116	0.006	
Leucine.....g	0.313		0		1		0.188	0.009	
Lysine.....g	0.254		0		1		0.152	0.008	
Methionine.....g	0.080		0		1		0.048	0.002	
Cystine.....g	0.030		0		1		0.018	0.001	
Phenylalanine.....g	0.154		0		1		0.092	0.005	
Tyrosine.....g	0.154		0		1		0.092	0.005	
Valine.....g	0.214		0		1		0.128	0.006	
Arginine.....g	0.116		0		1		0.070	0.003	
Histidine.....g	0.087		0		1		0.052	0.003	
Alanine.....g	0.110		0		1		0.066	0.003	
Aspartic acid.....g	0.243		0		1		0.146	0.007	
Glutamic acid.....g	0.670		0		1		0.402	0.020	
Glycine.....g	0.068		0		1		0.041	0.002	
Proline.....g	0.310		0		1		0.186	0.009	
Serine.....g	0.174		0		1		0.104	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01054
Cream, whipped, cream topping, pressurized

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 60g: 1 cup
Measure 2 = 3.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01070
Dessert topping, powdered

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	1.47	0.914	3		1	0.63	0.02		
Energy.....kcal	577		0	NC	4	248	8		
Energy.....kJ	2415		0		4	1038	31		
Protein (N x 6.29).....g	4.90	0.314	3		1	2.11	0.06		
Total lipid (fat).....g	39.92	1.073	9		1	17.17	0.52		
Ash.....g	1.17	0.384	3		1	0.50	0.02		
Carbohydrate, by difference.....g	52.54		0	NC	4	22.59	0.68		
Fiber, total dietary.....g	0.0		0		4	0.0	0.0		
Sugars, total.....g	52.54		0	NR	4	22.59	0.68		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17	2.633	3		1	7	0		
Iron, Fe.....mg	0.03		0		4	0.01	0.00		
Magnesium, Mg.....mg	7		0		4	3	0		
Phosphorus, P.....mg	74	34.968	3		1	32	1		
Potassium, K.....mg	166		2		1	71	2		
Sodium, Na.....mg	122	33.506	4		1	52	2		
Zinc, Zn.....mg	0.08		0		4	0.03	0.00		
Copper, Cu.....mg	0.118		0		1	0.051	0.002		
Manganese, Mn.....mg	0.225		0		1	0.097	0.003		
Selenium, Se.....µg	0.6		0	BFNN	4	0.3	0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0	0.0		
Thiamin.....mg	0.000		0		1	0.000	0.000		
Riboflavin.....mg	0.000		2		1	0.000	0.000		
Niacin.....mg	0.000		0		1	0.000	0.000		
Pantothenic acid.....mg	0.000		0		1	0.000	0.000		
Vitamin B-6.....mg	0.000		0		1	0.000	0.000		
Folate, total.....µg	0		0		1	0	0		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	0		0		1	0	0		
Folate, DFE.....µg	0		0	NC	4	0	0		
Choline, total.....mg	0.1		0	BFFN	4	0.0	0.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1	0.00	0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	0		0	AS	1	0	0		
Retinol.....µg	0		0	Z	7	0	0		
Carotene, beta.....µg	0		0	Z	7	0	0		
Carotene, alpha.....µg	0		0	Z	7	0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0		
Vitamin A, IU.....IU	0		0	AS	1	0	0		
Lycopene.....µg	0		0	Z	7	0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	1.52		0	BFFN	4	0.65	0.02		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	NR	4	0.0	0.0		
Vitamin D.....IU	0		0	BFFN	4	0	0		
Vitamin K (phylloquinone).....µg	9.9		0	BFFN	4	4.2	0.1		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01070
Dessert topping, powdered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	36.723		0		1		15.791	0.477	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.669	0.454	3		1		0.288	0.009	
10:0.....g	0.964	0.341	3		1		0.415	0.013	
12:0.....g	14.507	1.050	3		1		6.238	0.189	
13:0.....g									
14:0.....g	5.746	0.296	3		1		2.471	0.075	
15:0.....g									
16:0.....g	5.429	0.268	3		1		2.334	0.071	
17:0.....g									
18:0.....g	9.408	0.538	3		1		4.045	0.122	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.600		0		1		0.258	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.600	0.351	3		1		0.258	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.447		0		1		0.192	0.006	
18:2 undifferentiated.....g	0.447	0.105	3		1		0.192	0.006	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	36		0		4		15	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.068		0		1		0.029	0.001	
Threonine.....g	0.207		0		1		0.089	0.003	
Isoleucine.....g	0.301		0		1		0.129	0.004	
Leucine.....g	0.484		0		1		0.208	0.006	
Lysine.....g	0.394		0		1		0.169	0.005	
Methionine.....g	0.149		0		1		0.064	0.002	
Cystine.....g	0.021		0		1		0.009	0.000	
Phenylalanine.....g	0.263		0		1		0.113	0.003	
Tyrosine.....g	0.280		0		1		0.120	0.004	
Valine.....g	0.351		0		1		0.151	0.005	
Arginine.....g	0.194		0		1		0.083	0.003	
Histidine.....g	0.145		0		1		0.062	0.002	
Alanine.....g	0.153		0		1		0.066	0.002	
Aspartic acid.....g	0.347		0		1		0.149	0.005	
Glutamic acid.....g	1.113		0		1		0.479	0.014	
Glycine.....g	0.098		0		1		0.042	0.001	
Proline.....g	0.552		0		1		0.237	0.007	
Serine.....g	0.301		0		1		0.129	0.004	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01070
Dessert topping, powdered

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 43g: 1.5 oz
Measure 2 = 1.3g: 1 portion, amount to make 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01071

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	65.74		0	RPA	1		52.59	2.63	105.18
Energy.....kcal	194		0	RPI	6		155	8	310
Energy.....kJ	811		0	RPI	6		649	32	1298
Protein (N x 6.35).....g	3.61		0	RPA	1		2.88	0.14	5.77
Total lipid (fat).....g	12.72		0	RPI	6		10.18	0.51	20.36
Ash.....g	0.80		0	RPA	1		0.64	0.03	1.28
Carbohydrate, by difference.....g	17.13		0	RPI	6		13.71	0.69	27.41
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total.....g	17.13		0	NR	4		13.71	0.69	27.41
Sucrose.....g	13.38		0	NR	4		10.71	0.54	21.42
Glucose (dextrose).....g	0.00		0	RPA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RPA	1		0.00	0.00	0.00
Lactose.....g	3.75		0	RPA	1		3.00	0.15	6.00
Maltose.....g	0.00		0	RPA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RPA	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		0		1		72	4	144
Iron, Fe.....mg	0.04		0		1		0.03	0.00	0.06
Magnesium, Mg.....mg	10		0		1		8	0	15
Phosphorus, P.....mg	86		0		1		69	3	137
Potassium, K.....mg	151		0		1		121	6	241
Sodium, Na.....mg	66		0		1		53	3	105
Zinc, Zn.....mg	0.27		0		1		0.22	0.01	0.43
Copper, Cu.....mg	0.012		0		1		0.010	0.000	0.019
Manganese, Mn.....mg	0.005		0		1		0.004	0.000	0.008
Selenium, Se.....µg	4.8		0	BFNN	4		3.8	0.2	7.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.5	0.0	1.1
Thiamin.....mg	0.027		0		1		0.022	0.001	0.043
Riboflavin.....mg	0.117		0		1		0.094	0.005	0.187
Niacin.....mg	0.060		0		1		0.048	0.002	0.096
Pantothenic acid.....mg	0.226		0		1		0.181	0.009	0.362
Vitamin B-6.....mg	0.030		0		1		0.024	0.001	0.048
Folate, total.....µg	4		0		1		3	0	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4		0		1		3	0	6
Folate, DFE.....µg	4		0	NC	4		3	0	6
Choline, total.....mg	10.6		0	RPI	6		8.5	0.4	17.0
Betaine.....mg	0.5		0	RPA	1		0.4	0.0	0.7
Vitamin B-12.....µg	0.26		0		1		0.21	0.01	0.41
Vitamin B-12, added.....µg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE.....µg	34		0	NC	4		27	1	54
Retinol.....µg	34		0	RPI	6		27	1	54
Carotene, beta.....µg	5		0	RPI	6		4	0	8
Carotene, alpha.....µg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta.....µg	0		0	RPI	6		0	0	0
Vitamin A, IU.....IU	120		0	NC	4		96	5	192
Lycopene.....µg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin.....µg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.45		0	RPI	6		0.36	0.02	0.71
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		0	RPA	1		0.00	0.00	0.00

NDB No. 01071

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	RPA	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.9		0	RPI	6		0.8	0.0	1.5
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.9		0	RPI	6		0.8	0.0	1.5
Vitamin D.....IU	38		0	RPI	6		30	2	61
Vitamin K (phylloquinone).....µg	2.7		0	RPI	6		2.2	0.1	4.4
Dihydrophyloquinone.....µg	0.0		0	RPA	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	10.684		0		1		8.547	0.427	17.094
4:0.....g	0.077		0		1		0.062	0.003	0.123
6:0.....g	0.046		0		1		0.037	0.002	0.074
8:0.....g	0.194		0		1		0.155	0.008	0.310
10:0.....g	0.302		0		1		0.242	0.012	0.483
12:0.....g	3.704		0		1		2.963	0.148	5.926
13:0.....g									
14:0.....g	1.682		0		1		1.346	0.067	2.691
15:0.....g									
16:0.....g	1.993		0		1		1.594	0.080	3.189
17:0.....g									
18:0.....g	2.650		0		1		2.120	0.106	4.240
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.843		0		1		0.674	0.034	1.349
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.042	0.002	0.085
17:1.....g									
18:1 undifferentiated.....g	0.754		0		1		0.603	0.030	1.206
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.161	0.008	0.322
18:2 undifferentiated.....g	0.166		0		1		0.133	0.007	0.266
18:3 undifferentiated.....g	0.034		0		1		0.027	0.001	0.054
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		8	0	16
Phytosterols.....mg	0		1		1		0	0	0
Amino Acids:									
Tryptophan.....g	0.072		0	RPA	1		0.057	0.003	0.115
Threonine.....g	0.157		0	RPA	1		0.126	0.006	0.252
Isoleucine.....g	0.198		0	RPA	1		0.158	0.008	0.316
Leucine.....g	0.318		0	RPA	1		0.254	0.013	0.508
Lysine.....g	0.204		0	RPA	1		0.163	0.008	0.326
Methionine.....g	0.093		0	RPA	1		0.074	0.004	0.148
Cystine.....g	0.018		0	RPA	1		0.014	0.001	0.028
Phenylalanine.....g	0.175		0	RPA	1		0.140	0.007	0.279
Tyrosine.....g	0.182		0	RPA	1		0.146	0.007	0.292
Valine.....g	0.230		0	RPA	1		0.184	0.009	0.368
Arginine.....g	0.104		0	RPA	1		0.084	0.004	0.167
Histidine.....g	0.092		0	RPA	1		0.073	0.004	0.147
Alanine.....g	0.114		0	RPA	1		0.091	0.005	0.183

NDB No. 01071

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points		Code				
Aspartic acid.....g	0.262		0	RPA	1		0.210	0.010	0.419
Glutamic acid.....g	0.758		0	RPA	1		0.606	0.030	1.213
Glycine.....g	0.080		0	RPA	1		0.064	0.003	0.127
Proline.....g	0.391		0	RPA	1		0.313	0.016	0.625
Serine.....g	0.155		0	RPA	1		0.124	0.006	0.248
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Measure 3 = 160g: 1 package yields

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Confidence	Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code					
				Code	Code				
<u>Lipids:</u>									
Fatty acids, total saturated.....g	18.912		0		1		13.238	0.756	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.449	0.031	3		1		0.314	0.018	
10:0.....g	0.642	0.060	3		1		0.449	0.026	
12:0.....g	8.014	1.076	3		1		5.610	0.321	
13:0.....g									
14:0.....g	3.246	0.431	3		1		2.272	0.130	
15:0.....g									
16:0.....g	2.408	0.201	3		1		1.686	0.096	
17:0.....g									
18:0.....g	4.166	0.680	3		1		2.916	0.167	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.927		0		1		1.349	0.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.929	1.457	3		1		1.350	0.077	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.241		0		1		0.169	0.010	
18:2 undifferentiated.....g	0.241	0.192	3		1		0.169	0.010	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg	20		0		4		14	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0		1		0.010	0.001	
Threonine.....g	0.041		0		1		0.029	0.002	
Isoleucine.....g	0.060		0		1		0.042	0.002	
Leucine.....g	0.097		0		1		0.068	0.004	
Lysine.....g	0.079		0		1		0.055	0.003	
Methionine.....g	0.030		0		1		0.021	0.001	
Cystine.....g	0.004		0		1		0.003	0.000	
Phenylalanine.....g	0.053		0		1		0.037	0.002	
Tyrosine.....g	0.056		0		1		0.039	0.002	
Valine.....g	0.070		0		1		0.049	0.003	
Arginine.....g	0.039		0		1		0.027	0.002	
Histidine.....g	0.029		0		1		0.020	0.001	
Alanine.....g	0.031		0		1		0.022	0.001	
Aspartic acid.....g	0.069		0		1		0.048	0.003	
Glutamic acid.....g	0.223		0		1		0.156	0.009	
Glycine.....g	0.020		0		1		0.014	0.001	
Proline.....g	0.110		0		1		0.077	0.004	
Serine.....g	0.060		0		1		0.042	0.002	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 70g: 1 cup
Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01073
Dessert topping, semi solid, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	21.783		0		1		16.337	0.871	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.638		2		1		0.479	0.026	
10:0.....g	0.905		2		1		0.679	0.036	
12:0.....g	8.836		2		1		6.627	0.353	
13:0.....g									
14:0.....g	3.756		2		1		2.817	0.150	
15:0.....g									
16:0.....g	3.092		2		1		2.319	0.124	
17:0.....g									
18:0.....g	4.580		2		1		3.435	0.183	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.616		0		1		1.212	0.065	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.241		2		1		0.181	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.375		2		1		1.031	0.055	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.523		0		1		0.392	0.021	
18:2 undifferentiated.....g	0.305		2		1		0.229	0.012	
18:3 undifferentiated.....g	0.218		2		1		0.164	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	23		0		4		17	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.013	0.001	
Threonine.....g	0.053		0		1		0.040	0.002	
Isoleucine.....g	0.077		0		1		0.058	0.003	
Leucine.....g	0.123		0		1		0.092	0.005	
Lysine.....g	0.101		0		1		0.076	0.004	
Methionine.....g	0.038		0		1		0.029	0.002	
Cystine.....g	0.005		0		1		0.004	0.000	
Phenylalanine.....g	0.067		0		1		0.050	0.003	
Tyrosine.....g	0.072		0		1		0.054	0.003	
Valine.....g	0.089		0		1		0.067	0.004	
Arginine.....g	0.049		0		1		0.037	0.002	
Histidine.....g	0.037		0		1		0.028	0.001	
Alanine.....g	0.039		0		1		0.029	0.002	
Aspartic acid.....g	0.088		0		1		0.066	0.004	
Glutamic acid.....g	0.284		0		1		0.213	0.011	
Glycine.....g	0.025		0		1		0.019	0.001	
Proline.....g	0.141		0		1		0.106	0.006	
Serine.....g	0.077		0		1		0.058	0.003	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01073
Dessert topping, semi solid, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 75g: 1 cup
Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01225
Dulce de Leche

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code		Code			
Proximates:									
Water.....g	28.71	1.068	4	A	1		5.45		
Energy.....kcal	315		0	NC	4		60		
Energy.....kJ	1318		0	NC	4		250		
Protein.....g	6.84	0.379	4	A	1		1.30		
Total lipid (fat).....g	7.35	0.278	4	A	1		1.40		
Ash.....g	1.74	0.127	4	A	1		0.33		
Carbohydrate, by difference.....g	55.35		0	NC	4		10.52		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	49.74	0.360	4	A	1		9.45		
Sucrose.....g	41.77	0.471	4	A	1		7.94		
Glucose (dextrose).....g	1.70	0.303	4	A	1		0.32		
Fructose.....g	0.32	0.037	4	A	1		0.06		
Lactose.....g	4.92	0.829	4	A	1		0.93		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g	1.03	0.155	4	A	1		0.20		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	251	15.911	4	A	1		48		
Iron, Fe.....mg	0.17	0.015	4	A	1		0.03		
Magnesium, Mg.....mg	22	1.163	4	A	1		4		
Phosphorus, P.....mg	193	12.230	4	A	1		37		
Potassium, K.....mg	350	27.959	4	A	1		66		
Sodium, Na.....mg	129	11.877	4	A	1		25		
Zinc, Zn.....mg	0.79	0.037	4	A	1		0.15		
Copper, Cu.....mg	0.004	0.000	4	A	1		0.001		
Manganese, Mn.....mg	0.002	0.000	4	A	1		0.000		
Selenium, Se.....µg	2.7	0.525	4	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6		0	BFZN	4		0.5		
Thiamin.....mg	0.016	0.001	4	A	1		0.003		
Riboflavin.....mg	0.405	0.017	4	A	1		0.077		
Niacin.....mg	0.210	0.010	4	A	1		0.040		
Pantothenic acid.....mg	0.835		2	A	1		0.159		
Vitamin B-6.....mg	0.016	0.001	4	A	1		0.003		
Folate, total.....µg	11		0	BFZN	4		2		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	11		0	BFZN	4		2		
Folate, DFE.....µg	11		0	NC	4		2		
Choline, total.....mg	89.1		0	BFZN	4		16.9		
Betaine.....mg									
Vitamin B-12.....µg	0.31	0.055	4	A	1		0.06		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	74		0	BFZN	4		14		
Retinol.....µg	73		0	BFZN	4		14		
Carotene, beta.....µg	14		0	BFZN	4		3		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	267		0	NC	4		51		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.2		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.2		0	BFZN	4		0.0		
Vitamin D.....IU	6		0	BFZN	4		1		
Vitamin K (phylloquinone).....µg	1.3		1	A	1		0.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	4.2		1	A	1		0.8		
Lipids:									
Fatty acids, total saturated.....g	4.534		0	NC	4		0.862		
4:0.....g	0.176	0.003	4	A	1		0.033		
6:0.....g	0.135	0.004	4	A	1		0.026		
8:0.....g	0.082	0.004	4	A	1		0.016		
10:0.....g	0.207	0.011	4	A	1		0.039		
12:0.....g	0.211	0.013	4	A	1		0.040		
13:0.....g									
14:0.....g	0.750	0.023	4	A	1		0.143		
15:0.....g	0.084	0.002	4	A	1		0.016		
16:0.....g	2.007	0.041	4	A	1		0.381		
17:0.....g	0.052	0.000	4	A	1		0.010		
18:0.....g	0.805	0.007	4	A	1		0.153		
20:0.....g	0.013	0.001	4	A	1		0.002		
22:0.....g	0.005	0.001	4	A	1		0.001		
24:0.....g	0.004	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated.....g	2.143		0	NC	4		0.407		
14:1.....g	0.068	0.003	4	A	1		0.013		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.163	0.003	4	AS	1		0.031		
16:1 c.....g	0.126	0.003	4	A	1		0.024		
16:1 t.....g	0.036	0.001	4	A	1		0.007		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	1.895	0.039	4	AS	1		0.360		
18:1 c.....g	1.640	0.023	4	A	1		0.312		
18:1 t.....g	0.255	0.020	4	A	1		0.048		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.017	0.001	4	A	1		0.003		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.375		0	NC	4		0.071		
18:2 undifferentiated.....g	0.288	0.015	4	AS	1		0.055		
18:2 n-6 c,c.....g	0.131	0.004	4	A	1		0.025		
18:2 CLAs.....g	0.084	0.008	4	A	1		0.016		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.073	0.005	4	A	1		0.014		
18:3 undifferentiated.....g	0.052	0.002	4	AS	1		0.010		
18:3 n-3 c,c,c (ALA).....g	0.050	0.002	4	A	1		0.009		
18:3 n-6 c,c,c.....g	0.002	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.003	0.000	4	A	1		0.001		
20:2 n-6 c,c.....g	0.001	0.001	4	A	1		0.000		
20:3 undifferentiated.....g	0.006	0.001	4	AS	1		0.001		
20:3 n-3.....g	0.001	0.001	4	A	1		0.000		
20:3 n-6.....g	0.005	0.000	4	A	1		0.001		
20:4 undifferentiated.....g	0.009	0.001	4	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	4	A	1		0.001		
21:5.....g									
22:4.....g	0.002	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.009	0.000	4	A	1		0.002		

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.364		0	NC	4		0.069		
Fatty acids, total trans-monoenoic.....g	0.292		0	NC	4		0.055		
Fatty acids, total trans-polyenoic.....g	0.073		0	NC	4		0.014		
Cholesterol.....mg	29	0.417	4	A	1		6		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 19g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number								
	Mean	Std. Error	Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Code	Code					
Proximates:									
Water.....g	2.78	0.409	3	A	1		0.24	2.92	
Energy.....kcal	555		0	NC	4		48	582	
Energy.....kJ	2321		0	NC	4		200	2437	
Protein (N x 6.25).....g	35.60	0.584	3	A	1		3.06	37.38	
Total lipid (fat).....g	34.50	2.633	3	A	1		2.97	36.22	
Ash.....g	3.15	0.020	3	A	1		0.27	3.30	
Carbohydrate, by difference.....g	23.97		0	NC	4		2.06	25.17	
Fiber, total dietary.....g									
Sugars, total.....g	2.46	0.315	3	A	1		0.21	2.58	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.64	0.012	3	A	1		0.06	0.68	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	1.81	0.321	3	A	1		0.16	1.90	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	171	3.180	3	A	1		15	180	
Iron, Fe.....mg	3.23	0.513	3	A	1		0.28	3.39	
Magnesium, Mg.....mg	11	6.402	3	A	1		1	11	
Phosphorus, P.....mg	451	19.548	3	A	1		39	473	
Potassium, K.....mg	373	9.244	3	A	1		32	392	
Sodium, Na.....mg	576	15.301	3	A	1		50	605	
Zinc, Zn.....mg	2.76	0.379	3	A	1		0.24	2.90	
Copper, Cu.....mg	0.149	0.010	3	A	1		0.013	0.156	
Manganese, Mn.....mg	0.056	0.015	3	A	1		0.005	0.059	
Selenium, Se.....µg	118.0	1.528	3	A	1		10.1	123.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.190	0.023	3	A	1		0.016	0.199	
Riboflavin.....mg	1.277	0.043	3	A	1		0.110	1.340	
Niacin.....mg	0.267	0.033	3	A	1		0.023	0.280	
Pantothenic acid.....mg	6.500	0.808	3	A	1		0.559	6.825	
Vitamin B-6.....mg	0.207	0.003	3	A	1		0.018	0.217	
Folate, total.....µg	138	4.583	3	A	1		12	145	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	138	4.583	3	A	1		12	145	
Folate, DFE.....µg	138		0	NC	4		12	145	
Choline, total.....mg	602.5	41.813	3	AS	1		51.8	632.6	
Betaine.....mg	1.6	0.820	3	A	1		0.1	1.6	
Vitamin B-12.....µg	2.90	0.416	3	A	1		0.25	3.04	
Vitamin A, RAE.....µg	117		0	AS	1		10	122	
Retinol.....µg	116	21.688	3	A	1		10	122	
Carotene, beta.....µg	0	0.000	3	A	1		0	0	
Carotene, alpha.....µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta.....µg	13	2.343	3	A	1		1	14	
Vitamin A, IU.....IU	398		0	AS	1		34	418	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.04	0.568	3	A	1		0.18	2.14	
Tocopherol, beta.....mg	0.03	0.010	3	A	1		0.00	0.03	
Tocopherol, gamma.....mg	4.29	1.902	3	A	1		0.37	4.50	
Tocopherol, delta.....mg	0.19	0.067	3	A	1		0.02	0.20	
Tocotrienol, alpha.....mg	0.14	0.048	3	A	1		0.01	0.15	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.08	0.034	3	A	1		0.01	0.09	
Tocotrienol, delta.....mg	0.04	0.022	3	A	1		0.00	0.05	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	7.4		0	AS	1		0.6	7.8	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	7.4		0	BFSN	4		0.6	7.8	
Vitamin D.....IU	296		0	BFSN	4		25	311	
Vitamin K (phylloquinone).....µg	0.7	0.120	3	A	1		0.1	0.8	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	11.4	1.423	3	A	1		1.0	11.9	
Lipids:									
Fatty acids, total saturated.....g	10.305		0	NC	4		0.886	10.820	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.097	0.001	3	A	1		0.008	0.101	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	7.579	0.057	3	A	1		0.652	7.958	
17:0.....g	0.057	0.003	3	A	1		0.005	0.059	
18:0.....g	2.541	0.034	3	A	1		0.219	2.668	
20:0.....g	0.031	0.009	3	A	1		0.003	0.033	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	13.745		0	NC	4		1.182	14.433	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.765	0.028	3	A	1		0.066	0.803	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	12.872	0.438	3	A	1		1.107	13.515	
20:1.....g	0.109	0.006	3	A	1		0.009	0.114	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.555		0	NC	4		0.650	7.932	
18:2 undifferentiated.....g	6.836	1.187	3	A	1		0.588	7.178	
18:3 undifferentiated.....g	0.165	0.003	3	AS	1		0.014	0.173	
18:3 n-3 c,c,c (ALA).....g	0.143	0.014	3	A	1		0.012	0.150	
18:3 n-6 c,c,c.....g	0.022	0.011	3	A	1		0.002	0.023	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.047	0.002	3	A	1		0.004	0.049	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.507	0.003	3	A	1		0.044	0.532	
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	975		0	O	4		84	1024	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.400		0	A	1		0.034	0.420	
Threonine.....g	1.411		0	A	1		0.121	1.481	
Isoleucine.....g	1.938		0	A	1		0.167	2.034	
Leucine.....g	3.312		0	A	1		0.285	3.478	
Lysine.....g	3.909		0	A	1		0.336	4.105	
Methionine.....g	1.443		0	A	1		0.124	1.515	
Cystine.....g	0.523		0	A	1		0.045	0.550	
Phenylalanine.....g	1.903		0	A	1		0.164	1.998	
Tyrosine.....g	1.262		0	A	1		0.109	1.325	

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
Valine.....g	2.313		0	A	1	0.199	2.428	
Arginine.....g	2.387		0	A	1	0.205	2.507	
Histidine.....g	0.876		0	A	1	0.075	0.919	
Alanine.....g	1.726		0	A	1	0.148	1.813	
Aspartic acid.....g	3.701		0	A	1	0.318	3.886	
Glutamic acid.....g	4.695		0	A	1	0.404	4.930	
Glycine.....g	1.295		0	A	1	0.111	1.360	
Proline.....g	1.953		0	A	1	0.168	2.051	
Serine.....g	2.735		0	A	1	0.235	2.872	
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.6g: 1 tbsp

Measure 2 = 105g: 1 cup

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg substitute, liquid or frozen, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points	Code	Code				Code
Proximates:									
Water.....g	87.00		0	O	4		52.20	208.80	
Energy.....kcal	48		0	NR	4		29	115	
Energy.....kJ	201		0	NR	4		121	482	
Protein (N x 6.25).....g	10.00		0	O	4		6.00	24.00	
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	
Ash.....g	1.30		1		1		0.78	3.12	
Carbohydrate, by difference.....g	2.00		0	O	4		1.20	4.80	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	2.00		0	NR	4		1.20	4.80	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73		2		1		44	175	
Iron, Fe.....mg	1.98		2		1		1.19	4.75	
Magnesium, Mg.....mg	15		0		4		9	36	
Phosphorus, P.....mg	72		1		1		43	172	
Potassium, K.....mg	213		1		1		128	512	
Sodium, Na.....mg	199		2		1		120	479	
Zinc, Zn.....mg	0.98		1		1		0.59	2.35	
Copper, Cu.....mg	0.022		0		1		0.013	0.053	
Manganese, Mn.....mg	0.006		0		1		0.004	0.014	
Selenium, Se.....µg	41.3		0	BFSN	4		24.8	99.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		4		0.3	1.1	
Thiamin.....mg	0.120		2		1		0.072	0.288	
Riboflavin.....mg	0.386		2		1		0.232	0.926	
Niacin.....mg	0.140		0		4		0.084	0.336	
Pantothenic acid.....mg	1.660		1		1		0.996	3.984	
Vitamin B-6.....mg	0.133		1		1		0.080	0.319	
Folate, total.....µg	16		0		4		10	39	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16		0		4		10	39	
Folate, DFE.....µg	16		0	NC	4		10	39	
Choline, total.....mg	2.5		0	BFSN	4		1.5	5.9	
Betaine.....mg									
Vitamin B-12.....µg	0.34		0		4		0.20	0.81	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	11		0	NC	4		7	27	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	135		0	NR	4		81	324	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	225		0	NC	4		135	540	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.59		0	BFFN	4		0.95	3.81	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.6		0	S	4		1.0	3.9	
Vitamin D.....IU	66		0	S	4		39	157	
Vitamin K (phylloquinone).....µg	0.2		0	BFFN	4		0.1	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01226

Egg substitute, liquid or frozen, fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		1		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		1		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	95		0		4		57	228	
Amino Acids:									
Tryptophan.....g	0.164		0		4		0.098	0.394	
Threonine.....g	0.484		0		4		0.290	1.162	
Isoleucine.....g	0.660		0		4		0.396	1.584	
Leucine.....g	0.972		0		4		0.583	2.333	
Lysine.....g	0.713		0		4		0.428	1.711	
Methionine.....g	0.387		0		4		0.232	0.929	
Cystine.....g	0.229		0		4		0.137	0.550	
Phenylalanine.....g	0.645		0		4		0.387	1.548	
Tyrosine.....g	0.456		0		4		0.274	1.094	
Valine.....g	0.792		0		4		0.475	1.901	
Arginine.....g	0.577		0		4		0.346	1.385	
Histidine.....g	0.257		0		4		0.154	0.617	
Alanine.....g	0.624		0		4		0.374	1.498	
Aspartic acid.....g	0.928		0		4		0.557	2.227	
Glutamic acid.....g	1.690		0		4		1.014	4.056	
Glycine.....g	0.365		0		4		0.219	0.876	
Proline.....g	0.558		0		4		0.335	1.339	
Serine.....g	0.751		0		4		0.451	1.802	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01226
Egg substitute, liquid or frozen, fat free

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 60g: .25 cup
Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate3.68 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01144
Egg substitute, powder

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	3.86		1		1		0.38	0.77	
Energy.....kcal	444		0	NC	4		44	89	
Energy.....kJ	1856		0	NC	4		184	371	
Protein (N x 6.25).....g	55.50		1		1		5.49	11.10	
Total lipid (fat).....g	13.00		1		1		1.29	2.60	
Ash.....g	5.84		1		1		0.58	1.17	
Carbohydrate, by difference.....g	21.80		0		4		2.16	4.36	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	21.80		0	NR	4		2.16	4.36	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	326		1		1		32	65	
Iron, Fe.....mg	3.16		1		1		0.31	0.63	
Magnesium, Mg.....mg	65		0		4		6	13	
Phosphorus, P.....mg	478		1		1		47	96	
Potassium, K.....mg	744		1		1		74	149	
Sodium, Na.....mg	800		1		1		79	160	
Zinc, Zn.....mg	1.82		0		4		0.18	0.36	
Copper, Cu.....mg	0.207		0		1		0.020	0.041	
Manganese, Mn.....mg	0.080		0		1		0.008	0.016	
Selenium, Se.....µg	127.7		0	BFSN	4		12.6	25.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1		1		0.1	0.2	
Thiamin.....mg	0.226		1		1		0.022	0.045	
Riboflavin.....mg	1.760		1		1		0.174	0.352	
Niacin.....mg	0.577		1		1		0.057	0.115	
Pantothenic acid.....mg	3.384		0		4		0.335	0.677	
Vitamin B-6.....mg	0.143		0		4		0.014	0.029	
Folate, total.....µg	125		0		4		12	25	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	125		0		4		12	25	
Folate, DFE.....µg	125		0	NC	4		12	25	
Choline, total.....mg	117.6		0	BFSN	4		11.6	23.5	
Betaine.....mg									
Vitamin B-12.....µg	3.52		0		4		0.35	0.70	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	369		0	NC	4		37	74	
Retinol.....µg	369		0	NC	4		37	74	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	1230		0	NC	4		122	246	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.26		0	BFFN	4		0.13	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.4		0	BFFN	4		0.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01144
Egg substitute, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	3.766		0		1		0.373	0.753	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.065		1		1		0.006	0.013	
15:0.....g									
16:0.....g	2.687		1		1		0.266	0.537	
17:0.....g									
18:0.....g	0.993		1		1		0.098	0.199	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.341		0		1		0.529	1.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.496		1		1		0.049	0.099	
17:1.....g									
18:1 undifferentiated.....g	4.845		1		1		0.480	0.969	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.683		0		1		0.167	0.337	
18:2 undifferentiated.....g	1.413		1		1		0.140	0.283	
18:3 undifferentiated.....g	0.086		1		1		0.009	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.109		0		4		0.011	0.022	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	572		1		1		57	114	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.9g: .35 oz

Measure 2 = 20g: .7 oz

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01138
Egg, duck, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.681		0		1		2.577		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.054	0.009	4		1		0.038		
15:0.....g									
16:0.....g	2.996	0.122	4		1		2.097		
17:0.....g									
18:0.....g	0.632	0.075	4		1		0.442		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.525		0		1		4.568		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.441	0.032	4		1		0.309		
17:1.....g									
18:1 undifferentiated.....g	6.084	0.239	4		1		4.259		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.223		0		1		0.856		
18:2 undifferentiated.....g	0.558	0.168	4		1		0.391		
18:3 undifferentiated.....g	0.102	0.068	4		1		0.071		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.319	0.058	4		1		0.223		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	884		3		1		619		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.260		0		1		0.182		
Threonine.....g	0.736		0		1		0.515		
Isoleucine.....g	0.598		0		1		0.419		
Leucine.....g	1.097		0		1		0.768		
Lysine.....g	0.951		0		1		0.666		
Methionine.....g	0.576		0		1		0.403		
Cystine.....g	0.285		0		1		0.200		
Phenylalanine.....g	0.840		0		1		0.588		
Tyrosine.....g	0.613		0		1		0.429		
Valine.....g	0.885		0		1		0.620		
Arginine.....g	0.765		0		1		0.536		
Histidine.....g	0.320		0		1		0.224		
Alanine.....g	0.631		0		1		0.442		
Aspartic acid.....g	0.777		0		1		0.544		
Glutamic acid.....g	1.789		0		1		1.252		
Glycine.....g	0.422		0		1		0.295		
Proline.....g	0.480		0		1		0.336		
Serine.....g	0.963		0		1		0.674		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01138
Egg, duck, whole, fresh, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 70g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01139
Egg, goose, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.595		0		1		5.177		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.050		2		1		0.072		
15:0.....g									
16:0.....g	2.849		2		1		4.103		
17:0.....g									
18:0.....g	0.696		2		1		1.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.747		0		1		8.276		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394		2		1		0.567		
17:1.....g									
18:1 undifferentiated.....g	5.353		2		1		7.708		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.672		0		1		2.408		
18:2 undifferentiated.....g	0.680		2		1		0.979		
18:3 undifferentiated.....g	0.554		2		1		0.798		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.279		2		1		0.402		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	852		0		4		1227		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0		4		0.406		
Threonine.....g	0.797		0		4		1.148		
Isoleucine.....g	0.647		0		4		0.932		
Leucine.....g	1.188		0		4		1.711		
Lysine.....g	1.030		0		4		1.483		
Methionine.....g	0.624		0		4		0.899		
Cystine.....g	0.309		0		4		0.445		
Phenylalanine.....g	0.910		0		4		1.310		
Tyrosine.....g	0.664		0		4		0.956		
Valine.....g	0.958		0		4		1.380		
Arginine.....g	0.828		0		4		1.192		
Histidine.....g	0.346		0		4		0.498		
Alanine.....g	0.683		0		4		0.984		
Aspartic acid.....g	0.841		0		4		1.211		
Glutamic acid.....g	1.937		0		4		2.789		
Glycine.....g	0.457		0		4		0.658		
Proline.....g	0.520		0		4		0.749		
Serine.....g	1.043		0		4		1.502		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01139
Egg, goose, whole, fresh, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 144g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01140
Egg, quail, w hole, fresh, raw

Refuse:8% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.35		2		1		6.69		
Energy.....kcal	158		0	NC	4		14		
Energy.....kJ	663		0		4		60		
Protein (N x 6.25).....g	13.05		2		1		1.17		
Total lipid (fat).....g	11.09	0.243	6		1		1.00		
Ash.....g	1.10		2		1		0.10		
Carbohydrate, by difference.....g	0.41		0	NC	4		0.04		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	0.40		0	BFCN	4		0.04		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		2		1		6		
Iron, Fe.....mg	3.65		2		1		0.33		
Magnesium, Mg.....mg	13		0		4		1		
Phosphorus, P.....mg	226		2		1		20		
Potassium, K.....mg	132		0		4		12		
Sodium, Na.....mg	141		0		4		13		
Zinc, Zn.....mg	1.47		0		4		0.13		
Copper, Cu.....mg	0.062		0		1		0.006		
Manganese, Mn.....mg	0.038		0		1		0.003		
Selenium, Se.....µg	32.0		0	BFSN	4		2.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.130		2		1		0.012		
Riboflavin.....mg	0.790		2		1		0.071		
Niacin.....mg	0.150		2		1		0.014		
Pantothenic acid.....mg	1.761		0		4		0.158		
Vitamin B-6.....mg	0.150		1		1		0.014		
Folate, total.....µg	66		0		4		6		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	66		0		4		6		
Folate, DFE.....µg	66		0	NC	4		6		
Choline, total.....mg	263.4		0	T	4		23.7		
Betaine.....mg									
Vitamin B-12.....µg	1.58		0		4		0.14		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	156		0	NC	4		14		
Retinol.....µg	155		0	BFFN	4		14		
Carotene, beta.....µg	11		0	BFFN	4		1		
Carotene, alpha.....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta.....µg	10		0	BFFN	4		1		
Vitamin A, IU.....IU	543		0	NC	4		49		
Lycopene.....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin.....µg	369		0	BFFN	4		33		
Vitamin E (alpha-tocopherol).....mg	1.08		0	BFFN	4		0.10		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.4		0	AS	1		0.1		
Vitamin D.....IU	55		0	BFFN	4		5		
Vitamin K (phylloquinone).....µg	0.3		0	BFFN	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01140
Egg, quail, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.557		0		1		0.320		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.053	0.007	6		1		0.005		
15:0.....g									
16:0.....g	2.666	0.076	8		1		0.240		
17:0.....g									
18:0.....g	0.838	0.053	8		1		0.075		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.324		0		1		0.389		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.473	0.051	8		1		0.043		
17:1.....g									
18:1 undifferentiated.....g	3.851	0.156	8		1		0.347		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.324		0		1		0.119		
18:2 undifferentiated.....g	0.940	0.081	8		1		0.085		
18:3 undifferentiated.....g	0.044	0.020	6		1		0.004		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.122	0.016	8		1		0.011		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	844		12		1		76		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.209		0		4		0.019		
Threonine.....g	0.641		0		4		0.058		
Isoleucine.....g	0.816		0		4		0.073		
Leucine.....g	1.146		0		4		0.103		
Lysine.....g	0.881		0		4		0.079		
Methionine.....g	0.421		0		4		0.038		
Cystine.....g	0.311		0		4		0.028		
Phenylalanine.....g	0.737		0		4		0.066		
Tyrosine.....g	0.543		0		4		0.049		
Valine.....g	0.940		0		4		0.085		
Arginine.....g	0.835		0		4		0.075		
Histidine.....g	0.315		0		4		0.028		
Alanine.....g	0.762		0		4		0.069		
Aspartic acid.....g	1.294		0		4		0.116		
Glutamic acid.....g	1.662		0		4		0.150		
Glycine.....g	0.434		0		4		0.039		
Proline.....g	0.518		0		4		0.047		
Serine.....g	0.992		0		4		0.089		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01140
Egg, quail, w hole, fresh, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 9.0g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01141
Egg, turkey, whole, fresh, raw

Refuse:12% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Number						Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code			
Proximates:									
Water.....g	72.50		0.372	5		1		57.28	
Energy.....kcal	171			0	NC	4		135	
Energy.....kJ	716					4		565	
Protein (N x 6.25).....g	13.68		0.613	5		1		10.81	
Total lipid (fat).....g	11.88		0.188	5		1		9.39	
Ash.....g	0.79		0.049	4		1		0.62	
Carbohydrate, by difference.....g	1.15			0	NC	4		0.91	
Fiber, total dietary.....g	0.0			0		4		0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	99			1		1		78	
Iron, Fe.....mg	4.10			1		1		3.24	
Magnesium, Mg.....mg	13			0		4		11	
Phosphorus, P.....mg	170			1		1		134	
Potassium, K.....mg	142			0		4		112	
Sodium, Na.....mg	151			0		4		120	
Zinc, Zn.....mg	1.58			0		4		1.25	
Copper, Cu.....mg	0.062			0		1		0.049	
Manganese, Mn.....mg	0.038			0		1		0.030	
Selenium, Se.....µg	34.3			0	BFSN	4		27.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0			0		1		0.0	
Thiamin.....mg	0.110			1		1		0.087	
Riboflavin.....mg	0.470			1		1		0.371	
Niacin.....mg	0.024			2		1		0.019	
Pantothenic acid.....mg	1.889			0		4		1.492	
Vitamin B-6.....mg	0.131			0		4		0.103	
Folate, total.....µg	71			0		4		56	
Folic acid.....µg	0			0	Z	7		0	
Folate, food.....µg	71			0		4		56	
Folate, DFE.....µg	71			0	NC	4		56	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.69			0		4		1.34	
Vitamin A, RAE.....µg	166			0		4		131	
Retinol.....µg	166			0		4		131	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	554			0		4		438	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01141
Egg, turkey, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points							
Fatty acids, total saturated.....g	3.632		0			1		2.869		
4:0.....g	0.000		0			4		0.000		
6:0.....g	0.000		0			4		0.000		
8:0.....g	0.000		0			4		0.000		
10:0.....g	0.000		0			4		0.000		
12:0.....g	0.000		0			4		0.000		
13:0.....g										
14:0.....g	0.036	0.007	3			1		0.028		
15:0.....g										
16:0.....g	2.719	0.075	4			1		2.148		
17:0.....g										
18:0.....g	0.877	0.053	4			1		0.693		
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	4.571		0			1		3.611		
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.672	0.099	4			1		0.531		
17:1.....g										
18:1 undifferentiated.....g	3.899	0.137	4			1		3.080		
20:1.....g										
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.658		0			1		1.310		
18:2 undifferentiated.....g	1.166	0.121	4			1		0.921		
18:3 undifferentiated.....g	0.079	0.024	4			1		0.062		
18:4.....g										
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.127	0.009	4			1		0.100		
20:5 n-3 (EPA).....g										
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g										
22:6 n-3 (DHA).....g										
Fatty acids, total trans.....g										
Cholesterol.....mg	933		10			1		737		
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.219		0			4		0.173		
Threonine.....g	0.672		0			4		0.531		
Isoleucine.....g	0.855		0			4		0.675		
Leucine.....g	1.201		0			4		0.949		
Lysine.....g	0.924		0			4		0.730		
Methionine.....g	0.442		0			4		0.349		
Cystine.....g	0.326		0			4		0.258		
Phenylalanine.....g	0.773		0			4		0.611		
Tyrosine.....g	0.569		0			4		0.450		
Valine.....g	0.985		0			4		0.778		
Arginine.....g	0.876		0			4		0.692		
Histidine.....g	0.330		0			4		0.261		
Alanine.....g	0.799		0			4		0.631		
Aspartic acid.....g	1.357		0			4		1.072		
Glutamic acid.....g	1.742		0			4		1.376		
Glycine.....g	0.455		0			4		0.359		
Proline.....g	0.543		0			4		0.429		
Serine.....g	1.040		0			4		0.822		
Hydroxyproline.....g										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01141
Egg, turkey, whole, fresh, raw

Common Measures:
Measure 1 = 79g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01173
Egg, white, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.999		0		1		0.280		
Threonine.....g	3.685		0		1		1.032		
Isoleucine.....g	4.581		0		1		1.283		
Leucine.....g	6.838		0		1		1.915		
Lysine.....g	5.515		0		1		1.544		
Methionine.....g	2.790		0		1		0.781		
Cystine.....g	2.102		0		1		0.589		
Phenylalanine.....g	4.736		0		1		1.326		
Tyrosine.....g	3.153		0		1		0.883		
Valine.....g	5.164		0		1		1.446		
Arginine.....g	4.412		0		1		1.235		
Histidine.....g	1.830		0		1		0.512		
Alanine.....g	4.684		0		1		1.312		
Aspartic acid.....g	8.253		0		1		2.311		
Glutamic acid.....g	10.770		0		1		3.016		
Glycine.....g	2.842		0		1		0.796		
Proline.....g	3.153		0		1		0.883		
Serine.....g	5.593		0		1		1.566		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 01173
Egg, white, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28g: 1 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01135
Egg, white, dried, flakes, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	1.181		0		1		0.335	2.681	
Threonine.....g	3.421		0		1		0.970	7.766	
Isoleucine.....g	4.689		0		1		1.329	10.644	
Leucine.....g	6.695		0		1		1.898	15.198	
Lysine.....g	4.738		0		1		1.343	10.755	
Methionine.....g	2.991		0		1		0.848	6.790	
Cystine.....g	1.908		0		1		0.541	4.331	
Phenylalanine.....g	4.837		0		1		1.371	10.980	
Tyrosine.....g	3.089		0		1		0.876	7.012	
Valine.....g	5.760		0		1		1.633	13.075	
Arginine.....g	4.492		0		1		1.273	10.197	
Histidine.....g	1.748		0		1		0.496	3.968	
Alanine.....g	4.960		0		1		1.406	11.259	
Aspartic acid.....g	6.806		0		1		1.930	15.450	
Glutamic acid.....g	10.732		0		1		3.043	24.362	
Glycine.....g	2.880		0		1		0.816	6.538	
Proline.....g	2.892		0		1		0.820	6.565	
Serine.....g	5.674		0		1		1.609	12.880	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01135
Egg, white, dried, flakes, stabilized, glucose reduced

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01136
Egg, white, dried, powder, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	
			Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	0.000		0		1		0.000 0.000
4:0.....g	0.000		0		1		0.000 0.000
6:0.....g	0.000		0		1		0.000 0.000
8:0.....g	0.000		0		1		0.000 0.000
10:0.....g	0.000		0		1		0.000 0.000
12:0.....g	0.000		0		1		0.000 0.000
13:0.....g							
14:0.....g	0.000		0		1		0.000 0.000
15:0.....g							
16:0.....g	0.000		0		1		0.000 0.000
17:0.....g							
18:0.....g	0.000		0		1		0.000 0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000 0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	0.000		0		1		0.000 0.000
20:1.....g	0.000		0		1		0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000 0.000
18:2 undifferentiated.....g	0.000		0		1		0.000 0.000
18:3 undifferentiated.....g	0.000		0		1		0.000 0.000
18:4.....g	0.000		0		1		0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		1		0 0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	1.266		0		1		1.355 0.089
Threonine.....g	3.665		0		1		3.922 0.257
Isoleucine.....g	5.023		0		1		5.375 0.352
Leucine.....g	7.172		0		1		7.674 0.502
Lysine.....g	5.076		0		1		5.431 0.355
Methionine.....g	3.204		0		1		3.428 0.224
Cystine.....g	2.044		0		1		2.187 0.143
Phenylalanine.....g	5.181		0		1		5.544 0.363
Tyrosine.....g	3.309		0		1		3.541 0.232
Valine.....g	6.170		0		1		6.602 0.432
Arginine.....g	4.812		0		1		5.149 0.337
Histidine.....g	1.872		0		1		2.003 0.131
Alanine.....g	5.313		0		1		5.685 0.372
Aspartic acid.....g	7.291		0		1		7.801 0.510
Glutamic acid.....g	11.496		0		1		12.301 0.805
Glycine.....g	3.085		0		1		3.301 0.216
Proline.....g	3.098		0		1		3.315 0.217
Serine.....g	6.078		0		1		6.503 0.425
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0

NDB No. 01136
Egg, white, dried, powder, stabilized, glucose reduced

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 107g: 1 cup, sifted
Measure 2 = 7.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, white, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.48	0.350	15	A	1		5.87	0.38	
Energy.....kcal	357		0	NC	4		382	25	
Energy.....kJ	1495		0	NC	4		1600	105	
Protein.....g	84.08	0.381	15	A	1		89.97	5.89	
Total lipid (fat).....g	0.32	0.052	15	DA	1		0.35	0.02	
Ash.....g	5.61	0.066	15	A	1		6.00	0.39	
Carbohydrate, by difference.....g	4.51		0	NC	4		4.82	0.32	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00	0.000	15	A	1		0.00	0.00	
Sucrose.....g	0.00	0.000	15	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	15	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	15	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	15	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101	8.927	15	A	1		108	7	
Iron, Fe.....mg	0.18	0.000	15	A	1		0.20	0.01	
Magnesium, Mg.....mg	82		3	A	1		88	6	
Phosphorus, P.....mg	104		3	A	1		111	7	
Potassium, K.....mg	884		3	A	1		946	62	
Sodium, Na.....mg	1299	22.751	15	A	1		1390	91	
Zinc, Zn.....mg	0.13		3	A	1		0.14	0.01	
Copper, Cu.....mg	0.128		3	A	1		0.137	0.009	
Manganese, Mn.....mg	0.000		3	A	1		0.000	0.000	
Selenium, Se.....µg	192.0		3	A	1		205.4	13.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		3	A	1		0.000	0.000	
Riboflavin.....mg	3.710		3	A	1		3.970	0.260	
Niacin.....mg	0.773		3	A	1		0.827	0.054	
Pantothenic acid.....mg	0.670		3	A	1		0.717	0.047	
Vitamin B-6.....mg	0.032	0.003	15	A	1		0.034	0.002	
Folate, total.....µg	0		3	A	1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		3	A	1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	10.7		3	A	1		11.4	0.7	
Betaine.....mg									
Vitamin B-12.....µg	0.20	0.048	15	A	1		0.22	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0	0.000	15	A	1		0	0	
Carotene, beta.....µg	0		3	A	1		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	

NDB No. 01258

Egg, white, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number		Source Code	measures of food			
			of Data Points	Deriv Code		Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D.....IU	0		3	A	1		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.118		0	NC	4		0.126	0.008	
4:0.....g	0.000	0.000	15	A	1		0.000	0.000	
6:0.....g	0.000	0.000	15	A	1		0.000	0.000	
8:0.....g	0.000	0.000	15	A	1		0.000	0.000	
10:0.....g	0.000	0.000	15	A	1		0.000	0.000	
12:0.....g	0.000	0.000	15	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	15	A	1		0.000	0.000	
15:0.....g	0.000	0.000	15	A	1		0.000	0.000	
16:0.....g	0.082	0.012	15	A	1		0.088	0.006	
17:0.....g	0.000	0.000	15	A	1		0.000	0.000	
18:0.....g	0.036	0.004	15	A	1		0.038	0.002	
20:0.....g	0.000	0.000	15	A	1		0.000	0.000	
22:0.....g	0.000	0.000	15	A	1		0.000	0.000	
24:0.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.125		0	NC	4		0.134	0.009	
14:1.....g	0.000	0.000	15	A	1		0.000	0.000	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
17:1.....g	0.000	0.000	15	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.125	0.021	15	AS	1		0.134	0.009	
18:1 c.....g	0.125	0.021	15	A	1		0.134	0.009	
18:1 t.....g	0.000	0.000	15	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	15	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0	NC	4		0.048	0.003	
18:2 undifferentiated.....g	0.045	0.006	15	AS	1		0.048	0.003	
18:2 n-6 c,c.....g	0.045	0.006	15	A	1		0.048	0.003	
18:2 CLAs.....g									
18:2 t,t.....g	0.000	0.000	15	A	1		0.000	0.000	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000	0.000	15	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g	0.000	0.000	15	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000	0.000	15	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	15	A	1		0.000	0.000	
18:4.....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	15	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	15	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Amino Acids:

NDB No. 01258
Egg, white, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Tryptophan.....g	1.427		0	A	1		1.527	0.100	
Threonine.....g	3.629		0	A	1		3.883	0.254	
Isoleucine.....g	4.411		0	A	1		4.719	0.309	
Leucine.....g	7.358		0	A	1		7.873	0.515	
Lysine.....g	5.901		0	A	1		6.314	0.413	
Methionine.....g	2.991		0	A	1		3.201	0.209	
Cystine.....g	2.212		0	A	1		2.367	0.155	
Phenylalanine.....g	5.129		0	A	1		5.488	0.359	
Tyrosine.....g	3.414		0	A	1		3.653	0.239	
Valine.....g	5.725		0	A	1		6.126	0.401	
Arginine.....g	4.888		0	A	1		5.230	0.342	
Histidine.....g	2.050		0	A	1		2.193	0.143	
Alanine.....g	5.126		0	A	1		5.485	0.359	
Aspartic acid.....g	9.139		0	A	1		9.779	0.640	
Glutamic acid.....g	11.656		0	A	1		12.472	0.816	
Glycine.....g	3.047		0	A	1		3.260	0.213	
Proline.....g	3.238		0	A	1		3.464	0.227	
Serine.....g	6.159		0	A	1		6.590	0.431	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: 1 cup, sifted

Measure 2 = 7.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	T	4		0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophyllloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.125		0	A	1		0.041	0.304	
Threonine.....g	0.449		0	A	1		0.148	1.090	
Isoleucine.....g	0.661		0	A	1		0.218	1.607	
Leucine.....g	1.016		0	A	1		0.335	2.469	
Lysine.....g	0.806		0	A	1		0.266	1.959	
Methionine.....g	0.399		0	A	1		0.132	0.969	
Cystine.....g	0.287		0	A	1		0.095	0.698	
Phenylalanine.....g	0.686		0	A	1		0.227	1.668	
Tyrosine.....g	0.457		0	A	1		0.151	1.110	
Valine.....g	0.809		0	A	1		0.267	1.966	
Arginine.....g	0.648		0	A	1		0.214	1.575	
Histidine.....g	0.290		0	A	1		0.096	0.705	
Alanine.....g	0.704		0	A	1		0.232	1.710	
Aspartic acid.....g	1.220		0	A	1		0.403	2.965	
Glutamic acid.....g	1.550		0	A	1		0.511	3.766	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.413		0	A	1		0.136	1.004	
Proline.....g	0.435		0	A	1		0.144	1.057	
Serine.....g	0.798		0	A	1		0.263	1.939	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 33g: 1 large
Measure 2 = 243g: 1 cup

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, white, raw , frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.17	0.073	15	A	1		24.69		
Energy.....kcal	48		0	NC	4		14		
Energy.....kJ	202		0	NC	4		57		
Protein (N x 6.25).....g	10.20	0.114	15	A	1		2.86		
Total lipid (fat).....g	0.00	0.000	15	DA	1		0.00		
Ash.....g	0.60	0.035	15	A	1		0.17		
Carbohydrate, by difference.....g	1.04		0	NC	4		0.29		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.25	0.013	15	A	1		0.07		
Sucrose.....g	0.00	0.000	15	A	1		0.00		
Glucose (dextrose).....g	0.25	0.013	15	A	1		0.07		
Fructose.....g	0.00	0.000	15	A	1		0.00		
Lactose.....g	0.00	0.000	15	A	1		0.00		
Maltose.....g	0.00	0.000	15	A	1		0.00		
Galactose.....g	0.00	0.000	15	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.434	15	A	1		2		
Iron, Fe.....mg	0.04	0.000	15	A	1		0.01		
Magnesium, Mg.....mg	11		3	A	1		3		
Phosphorus, P.....mg	13		3	A	1		4		
Potassium, K.....mg	169		3	A	1		47		
Sodium, Na.....mg	169	1.846	15	A	1		47		
Zinc, Zn.....mg	0.07		3	A	1		0.02		
Copper, Cu.....mg	0.032		3	A	1		0.009		
Manganese, Mn.....mg	0.007		2	A	1		0.002		
Selenium, Se.....µg	9.2		3	A	1		2.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	15	A	1		0.0		
Thiamin.....mg	0.023		3	A	1		0.007		
Riboflavin.....mg	0.423		3	A	1		0.119		
Niacin.....mg	0.093		3	A	1		0.026		
Pantothenic acid.....mg	0.147		3	A	1		0.041		
Vitamin B-6.....mg	0.005	0.000	15	A	1		0.001		
Folate, total.....µg	10		3	A	1		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	10		3	A	1		3		
Folate, DFE.....µg	10		0	NC	4		3		
Choline, total.....mg	2.5		3	A	1		0.7		
Betaine.....mg									
Vitamin B-12.....µg	0.03	0.009	15	A	1		0.01		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0	0.000	15	A	1		0		
Carotene, beta.....µg	0		3	A	1		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	20		3	A	1		6		
Vitamin E (alpha-tocopherol).....mg									

NDB No. 01172
Egg, white, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		15	AS	1		0.0		
Vitamin D.....IU	0		3	A	1		0		
Vitamin K (phylloquinone).....µg	0.0		0	BF2N	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000	0.000	15	A	1		0.000		
6:0.....g	0.000	0.000	15	A	1		0.000		
8:0.....g	0.000	0.000	15	A	1		0.000		
10:0.....g	0.000	0.000	15	A	1		0.000		
12:0.....g	0.000	0.000	15	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	15	A	1		0.000		
15:0.....g	0.000	0.000	15	A	1		0.000		
16:0.....g	0.000	0.000	15	A	1		0.000		
17:0.....g	0.000	0.000	15	A	1		0.000		
18:0.....g	0.000	0.000	15	A	1		0.000		
20:0.....g	0.000	0.000	15	A	1		0.000		
22:0.....g	0.000	0.000	15	A	1		0.000		
24:0.....g	0.000	0.000	15	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g	0.000	0.000	15	A	1		0.000		
15:1.....g	0.000	0.000	15	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000		
17:1.....g	0.000	0.000	15	A	1		0.000		
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000	0.000	15	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000	0.000	15	AS	1		0.000		
18:2 n-6 c,c.....g	0.000	0.000	15	A	1		0.000		
18:2 CLAs.....g									
18:2 t,t.....g	0.000	0.000	15	A	1		0.000		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000	0.000	15	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000	0.000	15	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000	0.000	15	A	1		0.000		
18:3i.....g	0.000	0.000	15	A	1		0.000		
18:4.....g	0.000	0.000	15	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	15	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	15	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	15	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	15	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	15	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0	A	1		0.049		
Threonine.....g	0.453		0	A	1		0.127		
Isoleucine.....g	0.559		0	A	1		0.157		

NDB No. 01172
Egg, white, raw, frozen, pasteurized

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Leucine.....g	0.936		0	A	1		0.262	
Lysine.....g	0.760		0	A	1		0.213	
Methionine.....g	0.396		0	A	1		0.111	
Cystine.....g	0.288		0	A	1		0.081	
Phenylalanine.....g	0.658		0	A	1		0.184	
Tyrosine.....g	0.446		0	A	1		0.125	
Valine.....g	0.730		0	A	1		0.205	
Arginine.....g	0.625		0	A	1		0.175	
Histidine.....g	0.263		0	A	1		0.074	
Alanine.....g	0.658		0	A	1		0.184	
Aspartic acid.....g	1.159		0	A	1		0.324	
Glutamic acid.....g	1.480		0	A	1		0.414	
Glycine.....g	0.391		0	A	1		0.109	
Proline.....g	0.409		0	A	1		0.115	
Serine.....g	0.797		0	A	1		0.223	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	
Caffeine.....mg	0		0	Z	7		0	
Theobromine.....mg	0		0	Z	7		0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01128
Egg, whole, cooked, fried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	69.47		0	RA	4		31.96		
Energy.....kcal	196		0	NC	4		90		
Energy.....kJ	821		0	NC	4		378		
Protein (N x 6.25).....g	13.61		0	RA	4		6.26		
Total lipid (fat).....g	14.84		0	RA	4		6.82		
Ash.....g	1.26		0	RA	4		0.58		
Carbohydrate, by difference.....g	0.83		0	RA	4		0.38		
Fiber, total dietary.....g	0.0		0	RA	4		0.0		
Sugars, total.....g	0.40		0	RA	4		0.19		
Sucrose.....g	0.00		0	RA	4		0.00		
Glucose (dextrose).....g	0.40		0	RA	4		0.19		
Fructose.....g	0.00		0	RA	4		0.00		
Lactose.....g	0.00		0	RA	4		0.00		
Maltose.....g	0.00		0	RA	4		0.00		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62		0	RA	4		29		
Iron, Fe.....mg	1.89		0	RA	4		0.87		
Magnesium, Mg.....mg	13		0	RA	4		6		
Phosphorus, P.....mg	215		0	RA	4		99		
Potassium, K.....mg	152		0	RA	4		70		
Sodium, Na.....mg	207		0	RA	4		95		
Zinc, Zn.....mg	1.39		0	RA	4		0.64		
Copper, Cu.....mg	0.078		0	RA	4		0.036		
Manganese, Mn.....mg	0.030		0	RA	4		0.014		
Selenium, Se.....µg	33.1		0	RA	4		15.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.044		0	RA	4		0.020		
Riboflavin.....mg	0.495		0	RA	4		0.228		
Niacin.....mg	0.082		0	RA	4		0.038		
Pantothenic acid.....mg	1.660		0	RA	4		0.764		
Vitamin B-6.....mg	0.184		0	RA	4		0.085		
Folate, total.....µg	51		0	RA	4		23		
Folic acid.....µg	0		0	RA	4		0		
Folate, food.....µg	51		0	RA	4		23		
Folate, DFE.....µg	51		0	NC	4		23		
Choline, total.....mg	317.1		0	RA	4		145.9		
Betaine.....mg	0.3		0	RA	4		0.1		
Vitamin B-12.....µg	0.97		0	RA	4		0.45		
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE.....µg	219		0	RA	4		101		
Retinol.....µg	216		0	RA	4		99		
Carotene, beta.....µg	35		0	RA	4		16		
Carotene, alpha.....µg	0		0	RA	4		0		
Cryptoxanthin, beta.....µg	10		0	RA	4		5		
Vitamin A, IU.....IU	787		0	RA	4		362		
Lycopene.....µg	0		0	RA	4		0		
Lutein + zeaxanthin.....µg	543		0	RA	4		250		
Vitamin E (alpha-tocopherol).....mg	1.31		0	RA	4		0.60		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg	0.02		0	RA	4		0.01		
Tocopherol, gamma.....mg	0.54		0	RA	4		0.25		
Tocopherol, delta.....mg	0.06		0	RA	4		0.03		
Tocotrienol, alpha.....mg	0.06		0	RA	4		0.03		
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00		

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	0.01		0	RA	4	0.00		
Tocotrienol, delta.....mg	0.00		0	RA	4	0.00		
Vitamin D (D2 + D3).....µg	2.2		0	RA	4	1.0		
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	2.2		0	RA	4	1.0		
Vitamin D.....IU	88		0	RA	4	41		
Vitamin K (phylloquinone).....µg	5.6		0	RA	4	2.6		
Dihydrophyloquinone.....µg	0.1		0	RA	4	0.0		
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	4.323		0	RA	4	1.989		
4:0.....g	0.004		0	RA	4	0.002		
6:0.....g	0.000		0	RA	4	0.000		
8:0.....g	0.004		0	RA	4	0.002		
10:0.....g	0.006		0	RA	4	0.003		
12:0.....g	0.000		0	RA	4	0.000		
13:0.....g								
14:0.....g	0.047		0	RA	4	0.022		
15:0.....g	0.009		0	RA	4	0.004		
16:0.....g	2.954		0	RA	4	1.359		
17:0.....g	0.023		0	RA	4	0.011		
18:0.....g	1.268		0	RA	4	0.583		
20:0.....g	0.003		0	RA	4	0.001		
22:0.....g	0.005		0	RA	4	0.002		
24:0.....g	0.000		0	RA	4	0.000		
Fatty acids, total monounsaturated.....g	6.182		0	RA	4	2.844		
14:1.....g	0.007		0	RA	4	0.003		
15:1.....g	0.000		0	RA	4	0.000		
16:1 undifferentiated.....g	0.228		0	RA	4	0.105		
17:1.....g	0.013		0	RA	4	0.006		
18:1 undifferentiated.....g	5.904		0	RA	4	2.716		
20:1.....g	0.029		0	RA	4	0.013		
22:1 undifferentiated.....g	0.000		0	RA	4	0.000		
24:1 c.....g	0.000		0	RA	4	0.000		
Fatty acids, total polyunsaturated.....g	3.251		0	RA	4	1.495		
18:2 undifferentiated.....g	2.781		0	RA	4	1.279		
18:3 undifferentiated.....g	0.137		0	RA	4	0.063		
18:4.....g	0.000		0	RA	4	0.000		
20:2 n-6 c,c.....g	0.019		0	RA	4	0.009		
20:3 undifferentiated.....g	0.025		0	RA	4	0.012		
20:4 undifferentiated.....g	0.203		0	RA	4	0.094		
20:5 n-3 (EPA).....g	0.000		0	RA	4	0.000		
21:5.....g								
22:4.....g	0.014		0	RA	4	0.007		
22:5 n-3 (DPA).....g	0.007		0	RA	4	0.003		
22:6 n-3 (DHA).....g	0.063		0	RA	4	0.029		
Fatty acids, total trans.....g	0.041		0	RA	4	0.019		
Cholesterol.....mg	401		0	RA	4	185		
Phytosterols.....mg	8		0	RA	4	4		
Amino Acids:								
Tryptophan.....g	0.181		0	RA	4	0.083		
Threonine.....g	0.602		0	RA	4	0.277		
Isoleucine.....g	0.728		0	RA	4	0.335		
Leucine.....g	1.177		0	RA	4	0.542		
Lysine.....g	0.989		0	RA	4	0.455		
Methionine.....g	0.411		0	RA	4	0.189		
Cystine.....g	0.294		0	RA	4	0.135		
Phenylalanine.....g	0.736		0	RA	4	0.339		
Tyrosine.....g	0.541		0	RA	4	0.249		
Valine.....g	0.930		0	RA	4	0.428		
Arginine.....g	0.887		0	RA	4	0.408		
Histidine.....g	0.335		0	RA	4	0.154		

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Alanine.....g	0.795		0	RA	4		0.366
Aspartic acid.....g	1.438		0	RA	4		0.661
Glutamic acid.....g	1.817		0	RA	4		0.836
Glycine.....g	0.467		0	RA	4		0.215
Proline.....g	0.558		0	RA	4		0.256
Serine.....g	1.051		0	RA	4		0.484
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	RA	4		0.0
Caffeine.....mg	0		0	RA	4		0
Theobromine.....mg	0		0	RA	4		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:12% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Number					measures of food			
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.62	0.140	14		1		101.48	6.34	37.31
Energy.....kcal	155		0	NC	4		211	13	78
Energy.....kJ	649		0		4		882	55	324
Protein (N x 6.25).....g	12.58	0.180	14		1		17.11	1.07	6.29
Total lipid (fat).....g	10.61	0.050	7		1		14.43	0.90	5.31
Ash.....g	1.08	0.022	14		1		1.47	0.09	0.54
Carbohydrate, by difference.....g	1.12		0	NC	4		1.52	0.10	0.56
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	1.12		0	NR	4		1.52	0.10	0.56
Starch.....g									
Minerals:									
Calcium, Ca.....mg	50	0.650	14		1		68	4	25
Iron, Fe.....mg	1.19	0.047	14		1		1.62	0.10	0.60
Magnesium, Mg.....mg	10	0.275	14		1		14	1	5
Phosphorus, P.....mg	172	3.551	14		1		234	15	86
Potassium, K.....mg	126	2.228	14		1		171	11	63
Sodium, Na.....mg	124	1.845	14		1		169	11	62
Zinc, Zn.....mg	1.05	0.047	14		1		1.43	0.09	0.53
Copper, Cu.....mg	0.013	0.000	14		1		0.018	0.001	0.007
Manganese, Mn.....mg	0.026	0.001	14		1		0.035	0.002	0.013
Selenium, Se.....µg	30.8	1.160	69	A	1		41.9	2.6	15.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	0.0
Thiamin.....mg	0.066	0.003	14		1		0.090	0.006	0.033
Riboflavin.....mg	0.513	0.010	14		1		0.698	0.044	0.257
Niacin.....mg	0.064	0.002	14		1		0.087	0.005	0.032
Pantothenic acid.....mg	1.398	0.028	14		1		1.901	0.119	0.699
Vitamin B-6.....mg	0.121	0.003	14		1		0.165	0.010	0.061
Folate, total.....µg	44	2.248	14		1		60	4	22
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	44	2.248	14		1		60	4	22
Folate, DFE.....µg	44		0	NC	4		60	4	22
Choline, total.....mg	293.8		0	BFFZN	4		399.5	25.0	146.9
Betaine.....mg	0.6	0.033	4	A	1		0.8	0.0	0.3
Vitamin B-12.....µg	1.11	0.060	14		1		1.51	0.09	0.56
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	149		0	NC	4		203	13	75
Retinol.....µg	148		0	BFFN	4		201	13	74
Carotene, beta.....µg	11		0	BFFN	4		15	1	5
Carotene, alpha.....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta.....µg	10		0	BFFN	4		13	1	5
Vitamin A, IU.....IU	520		0	NC	4		707	44	260
Lycopene.....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin.....µg	353		0	BFFN	4		481	30	177
Vitamin E (alpha-tocopherol).....mg	1.03		0	BFFN	4		1.40	0.09	0.52
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	2.2		0	AS	1		3.0	0.2	1.1
Vitamin D.....IU	87		0	O	4		118	7	44
Vitamin K (phylloquinone).....µg	0.3		0	BFFN	4		0.4	0.0	0.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01129
Egg, whole, cooked, hard-boiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	3.267		0		1		4.443	0.278	1.634
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.003		37		1		0.004	0.000	0.002
10:0.....g	0.003		37		1		0.004	0.000	0.002
12:0.....g	0.003		37		1		0.004	0.000	0.002
13:0.....g									
14:0.....g	0.035		37		1		0.048	0.003	0.018
15:0.....g									
16:0.....g	2.349		37		1		3.195	0.200	1.175
17:0.....g									
18:0.....g	0.828		37		1		1.126	0.070	0.414
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.077		0		1		5.545	0.347	2.039
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		37		1		0.422	0.026	0.155
17:1.....g									
18:1 undifferentiated.....g	3.725		37		1		5.066	0.317	1.863
20:1.....g	0.030		37		1		0.041	0.003	0.015
22:1 undifferentiated.....g	0.003		37		1		0.004	0.000	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.414		0		1		1.923	0.120	0.707
18:2 undifferentiated.....g	1.188		37		1		1.616	0.101	0.594
18:3 undifferentiated.....g	0.035		37		1		0.048	0.003	0.018
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.149		37		1		0.203	0.013	0.075
20:5 n-3 (EPA).....g	0.005		37		1		0.007	0.000	0.003
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.038		37		1		0.052	0.003	0.019
Fatty acids, total trans.....g									
Cholesterol.....mg	373		0	O	4		507	32	187
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0		1		0.208	0.013	0.077
Threonine.....g	0.604		0		1		0.821	0.051	0.302
Isoleucine.....g	0.686		0		1		0.933	0.058	0.343
Leucine.....g	1.075		0		1		1.462	0.091	0.538
Lysine.....g	0.904		0		1		1.229	0.077	0.452
Methionine.....g	0.392		0		1		0.533	0.033	0.196
Cystine.....g	0.292		0		1		0.397	0.025	0.146
Phenylalanine.....g	0.668		0		1		0.908	0.057	0.334
Tyrosine.....g	0.513		0		1		0.698	0.044	0.257
Valine.....g	0.767		0		1		1.043	0.065	0.384
Arginine.....g	0.755		0		1		1.027	0.064	0.378
Histidine.....g	0.298		0		1		0.405	0.025	0.149
Alanine.....g	0.700		0		1		0.952	0.060	0.350
Aspartic acid.....g	1.264		0		1		1.719	0.107	0.632
Glutamic acid.....g	1.644		0		1		2.236	0.140	0.822
Glycine.....g	0.423		0		1		0.575	0.036	0.212
Proline.....g	0.501		0		1		0.681	0.043	0.251
Serine.....g	0.936		0		1		1.273	0.080	0.468
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01129
Egg, whole, cooked, hard-boiled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 136g: 1 cup, chopped
Measure 2 = 8.5g: 1 tbsp
Measure 3 = 50g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01130
Egg, whole, cooked, omelet

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
						measures of food			
	Number								
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.13		0	RA	4		11.42	46.44	
Energy.....kcal	154		0	NC	4		23	94	
Energy.....kJ	643		0	NC	4		96	392	
Protein (N x 6.25).....g	10.57		0	RA	4		1.59	6.45	
Total lipid (fat).....g	11.66		0	RA	4		1.75	7.11	
Ash.....g	1.01		0	RA	4		0.15	0.61	
Carbohydrate, by difference.....g	0.64		0	RA	4		0.10	0.39	
Fiber, total dietary.....g	0.0		0	RA	4		0.0	0.0	
Sugars, total.....g	0.31		0	RA	4		0.05	0.19	
Sucrose.....g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose).....g	0.31		0	RA	4		0.05	0.19	
Fructose.....g	0.00		0	RA	4		0.00	0.00	
Lactose.....g	0.00		0	RA	4		0.00	0.00	
Maltose.....g	0.00		0	RA	4		0.00	0.00	
Galactose.....g	0.00		0	RA	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		0	RA	4		7	29	
Iron, Fe.....mg	1.48		0	RA	4		0.22	0.90	
Magnesium, Mg.....mg	11		0	RA	4		2	6	
Phosphorus, P.....mg	167		0	RA	4		25	102	
Potassium, K.....mg	117		0	RA	4		18	72	
Sodium, Na.....mg	155		0	RA	4		23	94	
Zinc, Zn.....mg	1.09		0	RA	4		0.16	0.66	
Copper, Cu.....mg	0.063		0	RA	4		0.009	0.038	
Manganese, Mn.....mg	0.024		0	RA	4		0.004	0.014	
Selenium, Se.....µg	25.8		0	RA	4		3.9	15.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.034		0	RA	4		0.005	0.021	
Riboflavin.....mg	0.386		0	RA	4		0.058	0.235	
Niacin.....mg	0.064		0	RA	4		0.010	0.039	
Pantothenic acid.....mg	1.289		0	RA	4		0.193	0.787	
Vitamin B-6.....mg	0.143		0	RA	4		0.021	0.087	
Folate, total.....µg	39		0	RA	4		6	24	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	39		0	RA	4		6	24	
Folate, DFE.....µg	39		0	NC	4		6	24	
Choline, total.....mg	247.6		0	RA	4		37.1	151.0	
Betaine.....mg	0.2		0	RA	4		0.0	0.1	
Vitamin B-12.....µg	0.76		0	RA	4		0.11	0.46	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	172		0	RA	4		26	105	
Retinol.....µg	169		0	RA	4		25	103	
Carotene, beta.....µg	28		0	RA	4		4	17	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	8		0	RA	4		1	5	
Vitamin A, IU.....IU	617		0	RA	4		93	376	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	423		0	RA	4		63	258	
Vitamin E (alpha-tocopherol).....mg	1.29		0	RA	4		0.19	0.79	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.03		0	RA	4		0.00	0.02	
Tocopherol, gamma.....mg	2.41		0	RA	4		0.36	1.47	
Tocopherol, delta.....mg	0.74		0	RA	4		0.11	0.45	
Tocotrienol, alpha.....mg	0.05		0	RA	4		0.01	0.03	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.01		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	1.7		0	RA	4		0.3	1.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.7		0	RA	4		0.3	1.1	
Vitamin D.....IU	69		0	RA	4		10	42	
Vitamin K (phylloquinone).....µg	4.5		0	RA	4		0.7	2.7	
Dihydrophyloquinone.....µg	0.1		0	RA	4		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.319		0	RA	4		0.498	2.025	
4:0.....g	0.003		0	RA	4		0.000	0.002	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.003		0	RA	4		0.000	0.002	
10:0.....g	0.005		0	RA	4		0.001	0.003	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.030		0	RA	4		0.005	0.018	
15:0.....g	0.008		0	RA	4		0.001	0.005	
16:0.....g	2.259		0	RA	4		0.339	1.378	
17:0.....g	0.021		0	RA	4		0.003	0.013	
18:0.....g	0.963		0	RA	4		0.144	0.587	
20:0.....g	0.014		0	RA	4		0.002	0.009	
22:0.....g	0.009		0	RA	4		0.001	0.005	
24:0.....g	0.004		0	RA	4		0.001	0.002	
Fatty acids, total monounsaturated.....g	4.843		0	RA	4		0.726	2.954	
14:1.....g	0.006		0	RA	4		0.001	0.003	
15:1.....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated.....g	0.171		0	RA	4		0.026	0.104	
17:1.....g	0.012		0	RA	4		0.002	0.007	
18:1 undifferentiated.....g	4.626		0	RA	4		0.694	2.822	
20:1.....g	0.029		0	RA	4		0.004	0.018	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.712		0	RA	4		0.407	1.654	
18:2 undifferentiated.....g	2.319		0	RA	4		0.348	1.415	
18:3 undifferentiated.....g	0.133		0	RA	4		0.020	0.081	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.015		0	RA	4		0.002	0.009	
20:3 undifferentiated.....g	0.020		0	RA	4		0.003	0.012	
20:4 undifferentiated.....g	0.158		0	RA	4		0.024	0.097	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g	0.011		0	RA	4		0.002	0.007	
22:5 n-3 (DPA).....g	0.006		0	RA	4		0.001	0.004	
22:6 n-3 (DHA).....g	0.049		0	RA	4		0.007	0.030	
Fatty acids, total trans.....g	0.709		0	RA	4		0.106	0.433	
Cholesterol.....mg	313		0	RA	4		47	191	
Phytosterols.....mg	10		0		1		2	6	
<u>Amino Acids:</u>									
Tryptophan.....g	0.140		0	RA	4		0.021	0.085	
Threonine.....g	0.467		0	RA	4		0.070	0.285	
Isoleucine.....g	0.565		0	RA	4		0.085	0.344	
Leucine.....g	0.913		0	RA	4		0.137	0.557	
Lysine.....g	0.767		0	RA	4		0.115	0.468	
Methionine.....g	0.319		0	RA	4		0.048	0.195	
Cystine.....g	0.229		0	RA	4		0.034	0.140	
Phenylalanine.....g	0.572		0	RA	4		0.086	0.349	
Tyrosine.....g	0.420		0	RA	4		0.063	0.256	
Valine.....g	0.722		0	RA	4		0.108	0.440	
Arginine.....g	0.690		0	RA	4		0.103	0.421	
Histidine.....g	0.260		0	RA	4		0.039	0.159	

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Alanine.....g	0.618		0	RA	4		0.093	0.377	
Aspartic acid.....g	1.117		0	RA	4		0.168	0.682	
Glutamic acid.....g	1.407		0	RA	4		0.211	0.858	
Glycine.....g	0.363		0	RA	4		0.054	0.221	
Proline.....g	0.431		0	RA	4		0.065	0.263	
Serine.....g	0.817		0	RA	4		0.123	0.498	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 61g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01131
Egg, whole, cooked, poached

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	75.85		0	RK	4		37.93		
Energy.....kcal	143		0	NC	4		71		
Energy.....kJ	597		0	NC	4		299		
Protein (N x 6.25).....g	12.51		0	RK	4		6.25		
Total lipid (fat).....g	9.47		0	RK	4		4.73		
Ash.....g	1.46		0	RK	4		0.73		
Carbohydrate, by difference.....g	0.71		0	RK	4		0.36		
Fiber, total dietary.....g	0.0		0	RK	4		0.0		
Sugars, total.....g	0.37		0	RK	4		0.19		
Sucrose.....g	0.00		0	RK	4		0.00		
Glucose (dextrose).....g	0.37		0	RK	4		0.19		
Fructose.....g	0.00		0	RK	4		0.00		
Lactose.....g	0.00		0	RK	4		0.00		
Maltose.....g	0.00		0	RK	4		0.00		
Galactose.....g	0.00		0	RK	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56		0	RK	4		28		
Iron, Fe.....mg	1.75		0	RK	4		0.87		
Magnesium, Mg.....mg	12		0	RK	4		6		
Phosphorus, P.....mg	197		0	RK	4		99		
Potassium, K.....mg	138		0	RK	4		69		
Sodium, Na.....mg	297		0	RK	4		148		
Zinc, Zn.....mg	1.29		0	RK	4		0.64		
Copper, Cu.....mg	0.072		0	RK	4		0.036		
Manganese, Mn.....mg	0.028		0	RK	4		0.014		
Selenium, Se.....µg	30.6		0	RK	4		15.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RK	4		0.0		
Thiamin.....mg	0.032		0	RK	4		0.016		
Riboflavin.....mg	0.387		0	RK	4		0.193		
Niacin.....mg	0.063		0	RK	4		0.032		
Pantothenic acid.....mg	1.527		0	RK	4		0.764		
Vitamin B-6.....mg	0.144		0	RK	4		0.072		
Folate, total.....µg	35		0	RK	4		17		
Folic acid.....µg	0		0	RK	4		0		
Folate, food.....µg	35		0	RK	4		17		
Folate, DFE.....µg	35		0	NC	4		17		
Choline, total.....mg	234.1		0	RK	4		117.0		
Betaine.....mg	0.3		0	RK	4		0.1		
Vitamin B-12.....µg	0.71		0	RK	4		0.36		
Vitamin B-12, added.....µg	0.00		0	RK	4		0.00		
Vitamin A, RAE.....µg	160		0	RK	4		80		
Retinol.....µg	159		0	RK	4		80		
Carotene, beta.....µg	0		0	RK	4		0		
Carotene, alpha.....µg	0		0	RK	4		0		
Cryptoxanthin, beta.....µg	9		0	RK	4		5		
Vitamin A, IU.....IU	538		0	RK	4		269		
Lycopene.....µg	0		0	RK	4		0		
Lutein + zeaxanthin.....µg	501		0	RK	4		251		
Vitamin E (alpha-tocopherol).....mg	1.04		0	RK	4		0.52		
Vitamin E, added.....mg	0.00		0	RK	4		0.00		
Tocopherol, beta.....mg	0.01		0	RK	4		0.01		
Tocopherol, gamma.....mg	0.50		0	RK	4		0.25		
Tocopherol, delta.....mg	0.06		0	RK	4		0.03		
Tocotrienol, alpha.....mg	0.06		0	RK	4		0.03		
Tocotrienol, beta.....mg	0.00		0	RK	4		0.00		

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	0.01		0	RK	4	0.00		
Tocotrienol, delta.....mg	0.00		0	RK	4	0.00		
Vitamin D (D2 + D3).....µg	2.0		0	RK	4	1.0		
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	2.0		0	RK	4	1.0		
Vitamin D.....IU	82		0	RK	4	41		
Vitamin K (phylloquinone).....µg	0.3		0	RK	4	0.1		
Dihydrophyloquinone.....µg	0.1		0	RK	4	0.0		
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	3.113		0	RK	4	1.557		
4:0.....g	0.004		0	RK	4	0.002		
6:0.....g	0.000		0	RK	4	0.000		
8:0.....g	0.004		0	RK	4	0.002		
10:0.....g	0.006		0	RK	4	0.003		
12:0.....g	0.000		0	RK	4	0.000		
13:0.....g								
14:0.....g	0.033		0	RK	4	0.017		
15:0.....g	0.008		0	RK	4	0.004		
16:0.....g	2.222		0	RK	4	1.111		
17:0.....g	0.021		0	RK	4	0.011		
18:0.....g	0.808		0	RK	4	0.404		
20:0.....g	0.003		0	RK	4	0.001		
22:0.....g	0.004		0	RK	4	0.002		
24:0.....g	0.000		0	RK	4	0.000		
Fatty acids, total monounsaturated.....g	3.643		0	RK	4	1.822		
14:1.....g	0.007		0	RK	4	0.003		
15:1.....g	0.000		0	RK	4	0.000		
16:1 undifferentiated.....g	0.200		0	RK	4	0.100		
17:1.....g	0.012		0	RK	4	0.006		
18:1 undifferentiated.....g	3.397		0	RK	4	1.699		
20:1.....g	0.027		0	RK	4	0.014		
22:1 undifferentiated.....g	0.000		0	RK	4	0.000		
24:1 c.....g	0.000		0	RK	4	0.000		
Fatty acids, total polyunsaturated.....g	1.904		0	RK	4	0.952		
18:2 undifferentiated.....g	1.549		0	RK	4	0.774		
18:3 undifferentiated.....g	0.048		0	RK	4	0.024		
18:4.....g	0.000		0	RK	4	0.000		
20:2 n-6 c,c.....g	0.018		0	RK	4	0.009		
20:3 undifferentiated.....g	0.023		0	RK	4	0.012		
20:4 undifferentiated.....g	0.188		0	RK	4	0.094		
20:5 n-3 (EPA).....g	0.000		0	RK	4	0.000		
21:5.....g								
22:4.....g	0.013		0	RK	4	0.007		
22:5 n-3 (DPA).....g	0.007		0	RK	4	0.003		
22:6 n-3 (DHA).....g	0.058		0	RK	4	0.029		
Fatty acids, total trans.....g	0.038		0	RK	4	0.019		
Cholesterol.....mg	370		0	RK	4	185		
Phytosterols.....mg	0		0	RK	4	0		
Amino Acids:								
Tryptophan.....g	0.166		0	RK	4	0.083		
Threonine.....g	0.553		0	RK	4	0.277		
Isoleucine.....g	0.669		0	RK	4	0.334		
Leucine.....g	1.082		0	RK	4	0.541		
Lysine.....g	0.909		0	RK	4	0.454		
Methionine.....g	0.378		0	RK	4	0.189		
Cystine.....g	0.271		0	RK	4	0.135		
Phenylalanine.....g	0.677		0	RK	4	0.339		
Tyrosine.....g	0.497		0	RK	4	0.249		
Valine.....g	0.855		0	RK	4	0.427		
Arginine.....g	0.817		0	RK	4	0.409		
Histidine.....g	0.308		0	RK	4	0.154		

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alanine.....g	0.732		0	RK	4		0.366		
Aspartic acid.....g	1.323		0	RK	4		0.662		
Glutamic acid.....g	1.667		0	RK	4		0.833		
Glycine.....g	0.430		0	RK	4		0.215		
Proline.....g	0.510		0	RK	4		0.255		
Serine.....g	0.967		0	RK	4		0.484		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RK	4		0.0		
Caffeine.....mg	0		0	RK	4		0		
Theobromine.....mg	0		0	RK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01132
Egg, whole, cooked, scrambled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	76.40		0	RA	4		46.61	10.47	168.09
Energy.....kcal	149		0	NC	4		91	20	327
Energy.....kJ	621		0	NC	4		379	85	1366
Protein (N x 6.25).....g	9.99		0	RA	4		6.10	1.37	21.98
Total lipid (fat).....g	10.98		0	RA	4		6.70	1.50	24.15
Ash.....g	1.01		0	RA	4		0.62	0.14	2.23
Carbohydrate, by difference.....g	1.61		0	RA	4		0.98	0.22	3.55
Fiber, total dietary.....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total.....g	1.39		0	RA	4		0.85	0.19	3.05
Sucrose.....g	0.00		0	RA	4		0.00	0.00	0.00
Glucose (dextrose).....g	0.28		0	RA	4		0.17	0.04	0.61
Fructose.....g	0.00		0	RA	4		0.00	0.00	0.00
Lactose.....g	1.11		0	RA	4		0.68	0.15	2.45
Maltose.....g	0.00		0	RA	4		0.00	0.00	0.00
Galactose.....g	0.00		0	RA	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0	RA	4		40	9	146
Iron, Fe.....mg	1.31		0	RA	4		0.80	0.18	2.87
Magnesium, Mg.....mg	11		0	RA	4		7	2	25
Phosphorus, P.....mg	165		0	RA	4		101	23	364
Potassium, K.....mg	132		0	RA	4		81	18	291
Sodium, Na.....mg	145		0	RA	4		88	20	318
Zinc, Zn.....mg	1.04		0	RA	4		0.63	0.14	2.28
Copper, Cu.....mg	0.059		0	RA	4		0.036	0.008	0.129
Manganese, Mn.....mg	0.022		0	RA	4		0.013	0.003	0.048
Selenium, Se.....µg	23.5		0	RA	4		14.3	3.2	51.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	0.0
Thiamin.....mg	0.040		0	RA	4		0.024	0.005	0.088
Riboflavin.....mg	0.376		0	RA	4		0.230	0.052	0.828
Niacin.....mg	0.076		0	RA	4		0.046	0.010	0.167
Pantothenic acid.....mg	1.217		0	RA	4		0.742	0.167	2.677
Vitamin B-6.....mg	0.134		0	RA	4		0.082	0.018	0.295
Folate, total.....µg	36		0	RA	4		22	5	79
Folic acid.....µg	0		0	RA	4		0	0	0
Folate, food.....µg	36		0	RA	4		22	5	79
Folate, DFE.....µg	36		0	NC	4		22	5	79
Choline, total.....mg	221.0		0	RA	4		134.8	30.3	486.2
Betaine.....mg	0.3		0	RA	4		0.2	0.0	0.7
Vitamin B-12.....µg	0.76		0	RA	4		0.47	0.10	1.68
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	161		0	RA	4		98	22	355
Retinol.....µg	159		0	RA	4		97	22	350
Carotene, beta.....µg	26		0	RA	4		16	4	57
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	7		0	RA	4		4	1	15
Vitamin A, IU.....IU	578		0	RA	4		353	79	1272
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	372		0	RA	4		227	51	819
Vitamin E (alpha-tocopherol).....mg	1.15		0	RA	4		0.70	0.16	2.53
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03		0	RA	4		0.02	0.00	0.06
Tocopherol, gamma.....mg	2.12		0	RA	4		1.29	0.29	4.66
Tocopherol, delta.....mg	0.65		0	RA	4		0.40	0.09	1.44
Tocotrienol, alpha.....mg	0.04		0	RA	4		0.03	0.01	0.09
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	0.01

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.01		0	RA	4		0.00	0.00	0.02
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.8		0	RA	4		1.1	0.2	4.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.8		0	RA	4		1.1	0.2	4.0
Vitamin D.....IU	72		0	RA	4		44	10	158
Vitamin K (phylloquinone).....µg	4.0		0	RA	4		2.4	0.5	8.8
Dihydrophyloquinone.....µg	0.1		0	RA	4		0.0	0.0	0.1
Menaquinone-4.....µg	0.2		0	RA	4		0.1	0.0	0.5
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.331		0	RA	4		2.032	0.456	7.328
4:0.....g	0.019		0	RA	4		0.012	0.003	0.042
6:0.....g	0.016		0	RA	4		0.010	0.002	0.036
8:0.....g	0.019		0	RA	4		0.012	0.003	0.042
10:0.....g	0.021		0	RA	4		0.013	0.003	0.045
12:0.....g	0.017		0	RA	4		0.010	0.002	0.037
13:0.....g	0.000		0	RA	4		0.000	0.000	0.000
14:0.....g	0.092		0	RA	4		0.056	0.013	0.202
15:0.....g	0.007		0	RA	4		0.004	0.001	0.015
16:0.....g	2.170		0	RA	4		1.324	0.297	4.775
17:0.....g	0.019		0	RA	4		0.011	0.003	0.041
18:0.....g	0.927		0	RA	4		0.566	0.127	2.040
20:0.....g	0.013		0	RA	4		0.008	0.002	0.028
22:0.....g	0.008		0	RA	4		0.005	0.001	0.017
24:0.....g	0.003		0	RA	4		0.002	0.000	0.007
Fatty acids, total monounsaturated.....g	4.441		0	RA	4		2.709	0.608	9.769
14:1.....g	0.005		0	RA	4		0.003	0.001	0.011
15:1.....g	0.000		0	RA	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.150		0	RA	4		0.092	0.021	0.331
17:1.....g	0.010		0	RA	4		0.006	0.001	0.022
18:1 undifferentiated.....g	4.250		0	RA	4		2.592	0.582	9.349
20:1.....g	0.025		0	RA	4		0.016	0.003	0.056
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	2.429		0	RA	4		1.482	0.333	5.344
18:2 undifferentiated.....g	2.067		0	RA	4		1.261	0.283	4.548
18:3 undifferentiated.....g	0.134		0	RA	4		0.082	0.018	0.294
18:4.....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.013		0	RA	4		0.008	0.002	0.029
20:3 undifferentiated.....g	0.017		0	RA	4		0.010	0.002	0.038
20:4 undifferentiated.....g	0.139		0	RA	4		0.085	0.019	0.307
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.010		0	RA	4		0.006	0.001	0.022
22:5 n-3 (DPA).....g	0.005		0	RA	4		0.003	0.001	0.012
22:6 n-3 (DHA).....g	0.043		0	RA	4		0.026	0.006	0.095
Fatty acids, total trans.....g	0.624		0	RA	4		0.381	0.085	1.373
Cholesterol.....mg	277		0	RA	4		169	38	610
Phytosterols.....mg	10		0		1		6	1	22
<u>Amino Acids:</u>									
Tryptophan.....g	0.139		0	RA	4		0.085	0.019	0.307
Threonine.....g	0.442		0	RA	4		0.270	0.061	0.972
Isoleucine.....g	0.532		0	RA	4		0.325	0.073	1.171
Leucine.....g	0.861		0	RA	4		0.525	0.118	1.894
Lysine.....g	0.705		0	RA	4		0.430	0.097	1.552
Methionine.....g	0.297		0	RA	4		0.181	0.041	0.653
Cystine.....g	0.205		0	RA	4		0.125	0.028	0.451
Phenylalanine.....g	0.535		0	RA	4		0.326	0.073	1.177
Tyrosine.....g	0.402		0	RA	4		0.245	0.055	0.884
Valine.....g	0.676		0	RA	4		0.413	0.093	1.488
Arginine.....g	0.623		0	RA	4		0.380	0.085	1.371
Histidine.....g	0.245		0	RA	4		0.149	0.034	0.539

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Alanine.....g	0.566		0	RA	4	0.345	0.078	1.245
Aspartic acid.....g	1.034		0	RA	4	0.631	0.142	2.275
Glutamic acid.....g	1.378		0	RA	4	0.840	0.189	3.031
Glycine.....g	0.335		0	RA	4	0.205	0.046	0.738
Proline.....g	0.453		0	RA	4	0.276	0.062	0.996
Serine.....g	0.742		0	RA	4	0.452	0.102	1.632
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4	0	0	0
Theobromine.....mg	0		0	RA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 61g: 1 large
- Measure 2 = 13.7g: 1 tbsp
- Measure 3 = 220g: 1 cup

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate3.68

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01133
Egg, whole, dried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.78	0.277	15	A	1		2.36	0.14	
Energy.....kcal	592		0	NC	4		503	30	
Energy.....kJ	2476		0	NC	4		2105	124	
Protein.....g	48.05	0.440	15	A	1		40.85	2.40	
Total lipid (fat).....g	43.90	0.536	15	DA	1		37.32	2.20	
Ash.....g	4.13	0.202	15	A	1		3.51	0.21	
Carbohydrate, by difference.....g	1.13		0	NC	4		0.96	0.06	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.56	0.034	15	A	1		0.48	0.03	
Sucrose.....g	0.00	0.000	15	A	1		0.00	0.00	
Glucose (dextrose).....g	0.56	0.034	15	A	1		0.48	0.03	
Fructose.....g	0.00	0.000	15	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	15	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	244	8.775	15	A	1		208	12	
Iron, Fe.....mg	7.20	0.147	15	A	1		6.12	0.36	
Magnesium, Mg.....mg	34		0	BFSN	4		29	2	
Phosphorus, P.....mg	629		3	A	1		535	31	
Potassium, K.....mg	540		3	A	1		459	27	
Sodium, Na.....mg	476	11.738	15	A	1		404	24	
Zinc, Zn.....mg	3.15		3	A	1		2.68	0.16	
Copper, Cu.....mg	0.203		3	A	1		0.173	0.010	
Manganese, Mn.....mg	0.058		3	A	1		0.049	0.003	
Selenium, Se.....µg	164.7		3	A	1		140.0	8.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	15	A	1		0.0	0.0	
Thiamin.....mg	0.183		3	A	1		0.156	0.009	
Riboflavin.....mg	1.977		3	A	1		1.680	0.099	
Niacin.....mg	0.340		3	A	1		0.289	0.017	
Pantothenic acid.....mg	5.550		3	A	1		4.717	0.277	
Vitamin B-6.....mg	0.499	0.018	15	A	1		0.424	0.025	
Folate, total.....µg	119		3	A	1		101	6	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	119		3	A	1		101	6	
Folate, DFE.....µg	119		0	NC	4		101	6	
Choline, total.....mg	1266.7		3	A	1		1076.7	63.3	
Betaine.....mg									
Vitamin B-12.....µg	2.96	0.291	15	A	1		2.51	0.15	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	300		0	AS	1		255	15	
Retinol.....µg	300	21.051	15	A	1		255	15	
Carotene, beta.....µg	0		3	A	1		0	0	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	36		0	BFSN	4		30	2	
Vitamin A, IU.....IU	999		0	AS	1		849	50	
Lycopene.....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....µg	835		3	A	1		710	42	
Vitamin E (alpha-tocopherol).....mg	3.88		0	BFSN	4		3.30	0.19	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	8.3		24	AS	1		7.0	0.4	
Vitamin D.....IU	331		0	NR	4		282	17	
Vitamin K (phylloquinone).....µg	1.2		0	BFSN	4		1.0	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	15.069		0	NC	4		12.808	0.753	
4:0.....g	0.000	0.000	15	A	1		0.000	0.000	
6:0.....g	0.000	0.000	15	A	1		0.000	0.000	
8:0.....g	0.000	0.000	15	A	1		0.000	0.000	
10:0.....g	0.000	0.000	15	A	1		0.000	0.000	
12:0.....g	0.000	0.000	15	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.144	0.003	15	A	1		0.122	0.007	
15:0.....g	0.025	0.001	15	A	1		0.021	0.001	
16:0.....g	10.811	0.167	15	A	1		9.190	0.541	
17:0.....g	0.092	0.003	15	A	1		0.078	0.005	
18:0.....g	3.974	0.058	15	A	1		3.378	0.199	
20:0.....g	0.000	0.000	15	A	1		0.000	0.000	
22:0.....g	0.023	0.001	15	A	1		0.020	0.001	
24:0.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	16.726		0	NC	4		14.217	0.836	
14:1.....g	0.022	0.000	15	A	1		0.019	0.001	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.877	0.047	15	A	1		0.746	0.044	
17:1.....g	0.000	0.000	15	A	1		0.000	0.000	
18:1 undifferentiated.....g	15.729	0.286	15	AS	1		13.369	0.786	
18:1 c.....g	15.547	0.283	15	A	1		13.215	0.777	
18:1 t.....g	0.182	0.006	15	A	1		0.155	0.009	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.098	0.002	15	A	1		0.083	0.005	
22:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.314		0	NC	4		7.067	0.416	
18:2 undifferentiated.....g	7.049	0.246	15	AS	1		5.991	0.352	
18:2 n-6 c,c.....g	6.989	0.246	15	A	1		5.940	0.349	
18:2 CLAs.....g									
18:2 t,t.....g	0.060	0.003	15	A	1		0.051	0.003	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.247	0.011	15	AS	1		0.210	0.012	
18:3 n-3 c,c,c (ALA).....g	0.170	0.012	15	A	1		0.144	0.008	
18:3 n-6 c,c,c.....g	0.054	0.002	15	A	1		0.046	0.003	
18:3i.....g	0.023	0.001	15	A	1		0.019	0.001	
18:4.....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.085	0.004	15	A	1		0.072	0.004	
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.711	0.017	15	A	1		0.604	0.036	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	15	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.024	0.001	15	A	1		0.020	0.001	
22:6 n-3 (DHA).....g	0.199	0.007	15	A	1		0.169	0.010	
Fatty acids, total trans.....g	0.265		0	NC	4		0.225	0.013	
Fatty acids, total trans-monoenoic.....g	0.182		0	NC	4		0.155	0.009	
Fatty acids, total trans-polyenoic.....g	0.083		0	NC	4		0.070	0.004	
Cholesterol.....mg	1630		3	A	1		1386	82	
Phytosterols.....mg									

Amino Acids:

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code	Code			
Tryptophan.....g	0.775		0	A	1		0.659	0.039	
Threonine.....g	2.129		0	A	1		1.810	0.106	
Isoleucine.....g	2.434		0	A	1		2.069	0.122	
Leucine.....g	4.150		0	A	1		3.527	0.207	
Lysine.....g	3.339		0	A	1		2.838	0.167	
Methionine.....g	1.495		0	A	1		1.270	0.075	
Cystine.....g	1.070		0	A	1		0.910	0.054	
Phenylalanine.....g	2.530		0	A	1		2.151	0.127	
Tyrosine.....g	1.981		0	A	1		1.684	0.099	
Valine.....g	2.991		0	A	1		2.542	0.150	
Arginine.....g	3.071		0	A	1		2.610	0.154	
Histidine.....g	1.202		0	A	1		1.022	0.060	
Alanine.....g	2.706		0	A	1		2.300	0.135	
Aspartic acid.....g	5.020		0	A	1		4.267	0.251	
Glutamic acid.....g	6.388		0	A	1		5.430	0.319	
Glycine.....g	1.623		0	A	1		1.379	0.081	
Proline.....g	1.832		0	A	1		1.557	0.092	
Serine.....g	3.773		0	A	1		3.207	0.189	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.87	0.099	14		1		1.59	0.09	
Energy.....kcal	615		0	NC	4		523	31	
Energy.....kJ	2574				4		2188	129	
Protein (N x 6.25).....g	48.17		0		1		40.94	2.41	
Total lipid (fat).....g	43.95		0		1		37.36	2.20	
Ash.....g	3.63		0		1		3.09	0.18	
Carbohydrate, by difference.....g	2.38		0	NC	4		2.02	0.12	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	222		0		1		189	11	
Iron, Fe.....mg	8.28		0		1		7.04	0.41	
Magnesium, Mg.....mg	49		0		1		41	2	
Phosphorus, P.....mg	715		0		1		607	36	
Potassium, K.....mg	515		0		1		438	26	
Sodium, Na.....mg	548		0		1		466	27	
Zinc, Zn.....mg	5.71		0		1		4.85	0.29	
Copper, Cu.....mg	0.270		0		1		0.230	0.014	
Manganese, Mn.....mg	0.150		0		1		0.128	0.008	
Selenium, Se.....µg	121.1		0	BFSN	4		102.9	6.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.325		0		1		0.276	0.016	
Riboflavin.....mg	1.232		0		1		1.047	0.062	
Niacin.....mg	0.259		0		1		0.220	0.013	
Pantothenic acid.....mg	6.710		0		1		5.704	0.336	
Vitamin B-6.....mg	0.420		0		1		0.357	0.021	
Folate, total.....µg	193		0		1		164	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	193		0		1		164	10	
Folate, DFE.....µg	193		0	NC	4		164	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	10.51		0		1		8.94	0.53	
Vitamin A, RAE.....µg	616		0		1		523	31	
Retinol.....µg	616		0		1		523	31	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2050		0		1		1743	103	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01134

Egg, whole, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	13.198		0		1		11.218 0.660
4:0.....g	0.000		0		4		0.000 0.000
6:0.....g	0.000		0		4		0.000 0.000
8:0.....g	0.000		0		4		0.000 0.000
10:0.....g	0.000		0		4		0.000 0.000
12:0.....g	0.000		0		4		0.000 0.000
13:0.....g							
14:0.....g	0.120		42		1		0.102 0.006
15:0.....g							
16:0.....g	9.703		69		1		8.248 0.485
17:0.....g							
18:0.....g	3.374		69		1		2.868 0.169
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	17.564		0		1		14.929 0.878
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.463		69		1		1.244 0.073
17:1.....g							
18:1 undifferentiated.....g	16.102		69		1		13.687 0.805
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.713		0		1		4.856 0.286
18:2 undifferentiated.....g	4.881		69		1		4.149 0.244
18:3 undifferentiated.....g	0.124		32		1		0.105 0.006
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.368		47		1		0.313 0.018
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	2017		0		1		1714 101
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.771		0		1		0.655 0.039
Threonine.....g	2.366		0		1		2.011 0.118
Isoleucine.....g	3.014		0		1		2.562 0.151
Leucine.....g	4.231		0		1		3.596 0.212
Lysine.....g	3.252		0		1		2.764 0.163
Methionine.....g	1.557		0		1		1.323 0.078
Cystine.....g	1.148		0		1		0.976 0.057
Phenylalanine.....g	2.721		0		1		2.313 0.136
Tyrosine.....g	2.004		0		1		1.703 0.100
Valine.....g	3.468		0		1		2.948 0.173
Arginine.....g	3.083		0		1		2.621 0.154
Histidine.....g	1.164		0		1		0.989 0.058
Alanine.....g	2.813		0		1		2.391 0.141
Aspartic acid.....g	4.778		0		1		4.061 0.239
Glutamic acid.....g	6.135		0		1		5.215 0.307
Glycine.....g	1.603		0		1		1.363 0.080
Proline.....g	1.911		0		1		1.624 0.096
Serine.....g	3.661		0		1		3.112 0.183
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01134

Egg, whole, dried, stabilized, glucose reduced

Common Measures:

Measure 1 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01123
Egg, whole, raw, fresh

Refuse:12% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points							
Proximates:										
Water.....g	76.15	0.121	12	A	1		38.08	42.65	47.98	
Energy.....kcal	143		0	NC	4		72	80	90	
Energy.....kJ	599		0	NC	4		300	335	377	
Protein (N x 6.25).....g	12.56	0.102	12	A	1		6.28	7.03	7.91	
Total lipid (fat).....g	9.51	0.115	12	A	1		4.75	5.32	5.99	
Ash.....g	1.06	0.034	12	A	1		0.53	0.60	0.67	
Carbohydrate, by difference.....g	0.72		0	NC	4		0.36	0.40	0.45	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0	
Sugars, total.....g	0.37	0.008	6	A	1		0.19	0.21	0.24	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00	
Glucose (dextrose).....g	0.37	0.008	6	A	1		0.19	0.21	0.24	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00	
Starch.....g										
Minerals:										
Calcium, Ca.....mg	56	0.697	6	A	1		28	31	35	
Iron, Fe.....mg	1.75	0.044	6	A	1		0.88	0.98	1.10	
Magnesium, Mg.....mg	12	0.240	6	A	1		6	7	8	
Phosphorus, P.....mg	198	1.939	6	A	1		99	111	125	
Potassium, K.....mg	138	1.476	6	A	1		69	77	87	
Sodium, Na.....mg	142	1.138	6	A	1		71	80	90	
Zinc, Zn.....mg	1.29	0.017	6	A	1		0.64	0.72	0.81	
Copper, Cu.....mg	0.072	0.001	6	A	1		0.036	0.040	0.045	
Manganese, Mn.....mg	0.028	0.001	6	A	1		0.014	0.016	0.018	
Selenium, Se.....µg	30.7	2.129	6	A	1		15.3	17.2	19.3	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0	
Thiamin.....mg	0.040	0.003	6	A	1		0.020	0.022	0.025	
Riboflavin.....mg	0.457	0.020	6	A	1		0.228	0.256	0.288	
Niacin.....mg	0.075	0.002	6	A	1		0.037	0.042	0.047	
Pantothenic acid.....mg	1.533	0.049	6	A	1		0.767	0.859	0.966	
Vitamin B-6.....mg	0.170	0.004	6	A	1		0.085	0.095	0.107	
Folate, total.....µg	47	4.966	23	A	1		23	26	30	
Folic acid.....µg	0		0	Z	7		0	0	0	
Folate, food.....µg	47	4.966	23	A	1		23	26	30	
Folate, DFE.....µg	47		0	NC	4		23	26	30	
Choline, total.....mg	293.8	4.687	6	AS	1		146.9	164.5	185.1	
Betaine.....mg	0.3	0.028	6	A	1		0.1	0.2	0.2	
Vitamin B-12.....µg	0.89	0.092	6	A	1		0.45	0.50	0.56	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE.....µg	160		0	AS	1		80	90	101	
Retinol.....µg	160	6.614	6	A	1		80	90	101	
Carotene, beta.....µg	0	0.000	6	A	1		0	0	0	
Carotene, alpha.....µg	0	0.000	6	A	1		0	0	0	
Cryptoxanthin, beta.....µg	9	0.673	6	A	1		5	5	6	
Vitamin A, IU.....IU	540		0	AS	1		270	303	340	
Lycopene.....µg	0	0.000	6	A	1		0	0	0	
Lutein + zeaxanthin.....µg	503	20.991	6	A	1		252	282	317	
Vitamin E (alpha-tocopherol).....mg	1.05	0.116	6	A	1		0.52	0.59	0.66	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta.....mg	0.01	0.003	6	A	1		0.01	0.01	0.01	
Tocopherol, gamma.....mg	0.50	0.042	6	A	1		0.25	0.28	0.31	
Tocopherol, delta.....mg	0.06	0.030	6	A	1		0.03	0.03	0.04	
Tocotrienol, alpha.....mg	0.06	0.004	6	A	1		0.03	0.03	0.04	
Tocotrienol, beta.....mg	0.00	0.001	6	A	1		0.00	0.00	0.00	

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.003	6	A	1		0.00	0.01	0.01
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	2.0		10	AS	1		1.0	1.1	1.3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	2.0	0.801	10	A	1		1.0	1.1	1.3
Vitamin D.....IU	82	32.027	10	A	1		41	46	52
Vitamin K (phylloquinone).....µg	0.3		2	A	1		0.2	0.2	0.2
Dihydrophyllquinone.....µg	0.1		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.126		0	NC	4		1.563	1.750	1.969
4:0.....g	0.004	0.000	12	A	1		0.002	0.002	0.002
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0.....g	0.004	0.000	12	A	1		0.002	0.002	0.002
10:0.....g	0.006	0.000	12	A	1		0.003	0.003	0.004
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.033	0.001	12	A	1		0.017	0.019	0.021
15:0.....g	0.008	0.000	12	A	1		0.004	0.005	0.005
16:0.....g	2.231	0.039	12	A	1		1.115	1.249	1.405
17:0.....g	0.022	0.001	12	A	1		0.011	0.012	0.014
18:0.....g	0.811	0.016	12	A	1		0.406	0.454	0.511
20:0.....g	0.003	0.000	12	A	1		0.002	0.002	0.002
22:0.....g	0.004	0.000	12	A	1		0.002	0.002	0.003
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	3.658		0	NC	4		1.829	2.048	2.304
14:1.....g	0.007	0.000	12	A	1		0.003	0.004	0.004
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.201	0.008	12	AS	1		0.100	0.112	0.126
16:1 c.....g	0.198	0.008	12	A	1		0.099	0.111	0.125
16:1 t.....g	0.003	0.000	12	A	1		0.002	0.002	0.002
17:1.....g	0.012	0.001	12	A	1		0.006	0.007	0.008
18:1 undifferentiated.....g	3.411	0.050	12	AS	1		1.705	1.910	2.149
18:1 c.....g	3.388	0.051	12	A	1		1.694	1.897	2.134
18:1 t.....g	0.023	0.002	12	A	1		0.011	0.013	0.014
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.001	12	A	1		0.014	0.015	0.017
22:1 undifferentiated.....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.911		0	NC	4		0.956	1.070	1.204
18:2 undifferentiated.....g	1.555	0.062	12	AS	1		0.777	0.871	0.980
18:2 n-6 c,c.....g	1.531	0.062	12	A	1		0.765	0.857	0.964
18:2 CLAs.....g	0.012	0.001	12	A	1		0.006	0.007	0.007
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.001	12	A	1		0.006	0.007	0.008
18:3 undifferentiated.....g	0.048	0.002	12	AS	1		0.024	0.027	0.030
18:3 n-3 c,c,c (ALA).....g	0.036	0.002	12	A	1		0.018	0.020	0.023
18:3 n-6 c,c,c.....g	0.012	0.000	12	A	1		0.006	0.007	0.008
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.018	0.001	12	A	1		0.009	0.010	0.011
20:3 undifferentiated.....g	0.023	0.000	12	AS	1		0.012	0.013	0.015
20:3 n-3.....g	0.001	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.022	0.000	12	A	1		0.011	0.013	0.014
20:4 undifferentiated.....g	0.188	0.005	12	A	1		0.094	0.106	0.119
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.013	0.001	12	A	1		0.007	0.007	0.008
22:5 n-3 (DPA).....g	0.007	0.000	12	A	1		0.003	0.004	0.004

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
22:6 n-3 (DHA).....g	0.058	0.002	12	A	1	0.029	0.033	0.037
Fatty acids, total trans.....g	0.038		0	NC	4	0.019	0.021	0.024
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4	0.013	0.015	0.016
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4	0.006	0.007	0.008
Cholesterol.....mg	372	6.718	12	A	1	186	208	234
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.167		0	A	1	0.083	0.093	0.105
Threonine.....g	0.556		0	A	1	0.278	0.311	0.350
Isoleucine.....g	0.671		0	A	1	0.336	0.376	0.423
Leucine.....g	1.086		0	A	1	0.543	0.608	0.684
Lysine.....g	0.912		0	A	1	0.456	0.511	0.575
Methionine.....g	0.380		0	A	1	0.190	0.213	0.239
Cystine.....g	0.272		0	A	1	0.136	0.152	0.171
Phenylalanine.....g	0.680		0	A	1	0.340	0.381	0.428
Tyrosine.....g	0.499		0	A	1	0.250	0.279	0.314
Valine.....g	0.858		0	A	1	0.429	0.481	0.541
Arginine.....g	0.820		0	A	1	0.410	0.459	0.517
Histidine.....g	0.309		0	A	1	0.155	0.173	0.195
Alanine.....g	0.735		0	A	1	0.367	0.411	0.463
Aspartic acid.....g	1.329		0	A	1	0.664	0.744	0.837
Glutamic acid.....g	1.673		0	A	1	0.837	0.937	1.054
Glycine.....g	0.432		0	A	1	0.216	0.242	0.272
Proline.....g	0.512		0	A	1	0.256	0.287	0.323
Serine.....g	0.971		0	A	1	0.486	0.544	0.612
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 large

Measure 2 = 56g: 1 extra large

Measure 3 = 63g: 1 jumbo

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, whole, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.81	0.086	15	A	1		21.23		
Energy.....kcal	147		0	NC	4		41		
Energy.....kJ	616		0	NC	4		172		
Protein (N x 6.25).....g	12.33	0.067	15	A	1		3.45		
Total lipid (fat).....g	9.95	0.159	15	DA	1		2.78		
Ash.....g	0.91	0.033	15	A	1		0.25		
Carbohydrate, by difference.....g	1.01		0	NC	4		0.28		
Fiber, total dietary.....g	0.0	0.000	15	A	1		0.0		
Sugars, total.....g	0.25	0.018	15	A	1		0.07		
Sucrose.....g	0.00	0.000	15	A	1		0.00		
Glucose (dextrose).....g	0.25	0.018	15	A	1		0.07		
Fructose.....g	0.00	0.000	15	A	1		0.00		
Lactose.....g	0.00	0.000	15	A	1		0.00		
Maltose.....g	0.00	0.000	15	A	1		0.00		
Galactose.....g	0.00	0.000	15	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62	1.239	15	A	1		17		
Iron, Fe.....mg	1.74	0.029	15	A	1		0.49		
Magnesium, Mg.....mg	9		3	A	1		2		
Phosphorus, P.....mg	193		3	A	1		54		
Potassium, K.....mg	135		3	A	1		38		
Sodium, Na.....mg	128	1.756	15	A	1		36		
Zinc, Zn.....mg	1.32		3	A	1		0.37		
Copper, Cu.....mg	0.053		2	A	1		0.015		
Manganese, Mn.....mg	0.032		3	A	1		0.009		
Selenium, Se.....µg	37.2		3	A	1		10.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	15	A	1		0.0		
Thiamin.....mg	0.067		3	A	1		0.019		
Riboflavin.....mg	0.523		3	A	1		0.147		
Niacin.....mg	0.103		3	A	1		0.029		
Pantothenic acid.....mg	1.570		3	A	1		0.440		
Vitamin B-6.....mg	0.188	0.004	15	A	1		0.053		
Folate, total.....µg	87		3	A	1		24		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	87		3	A	1		24		
Folate, DFE.....µg	87		0	NC	4		24		
Choline, total.....mg	268.3		3	A	1		75.1		
Betaine.....mg									
Vitamin B-12.....µg	1.00	0.084	15	A	1		0.28		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	171		0	AS	1		48		
Retinol.....µg	171	5.698	15	A	1		48		
Carotene, beta.....µg	0		3	A	1		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	9		0	BFZN	4		3		
Vitamin A, IU.....IU	570		0	AS	1		160		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	471								

NDB No. 01171
Egg, whole, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	2.6		27	AS	1		0.7		
Vitamin D.....IU	105		0	NR	4		29		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.382		0	NC	4		0.947		
4:0.....g	0.000	0.000	15	A	1		0.000		
6:0.....g	0.000	0.000	15	A	1		0.000		
8:0.....g	0.000	0.000	15	A	1		0.000		
10:0.....g	0.000	0.000	15	A	1		0.000		
12:0.....g	0.000	0.000	15	A	1		0.000		
13:0.....g									
14:0.....g	0.032	0.001	15	A	1		0.009		
15:0.....g	0.022	0.000	15	A	1		0.006		
16:0.....g	2.435	0.039	15	A	1		0.682		
17:0.....g	0.022	0.000	15	A	1		0.006		
18:0.....g	0.870	0.022	15	A	1		0.244		
20:0.....g	0.000	0.000	15	A	1		0.000		
22:0.....g	0.000	0.000	15	A	1		0.000		
24:0.....g	0.000	0.000	15	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.905		0	NC	4		1.093		
14:1.....g	0.022	0.000	15	A	1		0.006		
15:1.....g	0.000	0.000	15	A	1		0.000		
16:1 undifferentiated.....g	0.213	0.011	15	A	1		0.060		
17:1.....g	0.000	0.000	15	A	1		0.000		
18:1 undifferentiated.....g	3.648	0.086	15	AS	1		1.022		
18:1 c.....g	3.617	0.087	15	A	1		1.013		
18:1 t.....g	0.032	0.003	15	A	1		0.009		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.022	0.000	15	A	1		0.006		
22:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.892		0	NC	4		0.530		
18:2 undifferentiated.....g	1.564	0.074	15	AS	1		0.438		
18:2 n-6 c,c.....g	1.542	0.074	15	A	1		0.432		
18:2 CLAs.....g									
18:2 t,t.....g	0.022	0.000	15	A	1		0.006		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.054	0.004	15	AS	1		0.015		
18:3 n-3 c,c,c (ALA).....g	0.032	0.004	15	A	1		0.009		
18:3 n-6 c,c,c.....g	0.022	0.000	15	A	1		0.006		
18:3i.....g	0.000	0.000	15	A	1		0.000		
18:4.....g	0.000	0.000	15	A	1		0.000		
20:2 n-6 c,c.....g	0.022	0.000	15	A	1		0.006		
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.181	0.005	15	A	1		0.051		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	15	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.022	0.000	15	A	1		0.006		
22:6 n-3 (DHA).....g	0.049	0.002	15	A	1		0.014		
Fatty acids, total trans.....g	0.054		0	NC	4		0.015		
Fatty acids, total trans-monoenoic.....g	0.032		0	NC	4		0.009		
Fatty acids, total trans-polyenoic.....g	0.022		0	NC	4		0.006		
Cholesterol.....mg	372		0	BFZN	4		104		
Phytosterols.....mg									

Amino Acids:

NDB No. 01171

Egg, whole, raw, frozen, pasteurized

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
Tryptophan.....g	0.192		0	A	1	0.054		
Threonine.....g	0.555		0	A	1	0.155		
Isoleucine.....g	0.661		0	A	1	0.185		
Leucine.....g	1.110		0	A	1	0.311		
Lysine.....g	0.929		0	A	1	0.260		
Methionine.....g	0.400		0	A	1	0.112		
Cystine.....g	0.288		0	A	1	0.081		
Phenylalanine.....g	0.675		0	A	1	0.189		
Tyrosine.....g	0.535		0	A	1	0.150		
Valine.....g	0.816		0	A	1	0.228		
Arginine.....g	0.812		0	A	1	0.227		
Histidine.....g	0.322		0	A	1	0.090		
Alanine.....g	0.720		0	A	1	0.202		
Aspartic acid.....g	1.302		0	A	1	0.365		
Glutamic acid.....g	1.649		0	A	1	0.462		
Glycine.....g	0.432		0	A	1	0.121		
Proline.....g	0.497		0	A	1	0.139		
Serine.....g	0.983		0	A	1	0.275		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0		
Caffeine.....mg	0		0	BFZN	4	0		
Theobromine.....mg	0		0	BFZN	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4.36**Fat** 9.02**Carbohydrate**3.68**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, whole, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Code			
Proximates:								
Water.....g	67.83		3	A	1	18.99		
Energy.....kcal	138		0	NC	4	39		
Energy.....kJ	577		0	NC	4	162		
Protein.....g	10.97		3	A	1	3.07		
Total lipid (fat).....g	10.07		3	A	1	2.82		
Ash.....g	10.30		3	A	1	2.88		
Carbohydrate, by difference.....g	0.83		0	NC	4	0.23		
Fiber, total dietary.....g	0.0		0	BFZN	4	0.0		
Sugars, total.....g	0.07		3	A	1	0.02		
Sucrose.....g	0.00		3	A	1	0.00		
Glucose (dextrose).....g	0.07		3	A	1	0.02		
Fructose.....g	0.00		3	A	1	0.00		
Lactose.....g	0.00		3	A	1	0.00		
Maltose.....g	0.00		3	A	1	0.00		
Galactose.....g	0.00		3	A	1	0.00		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	55		3	A	1	15		
Iron, Fe.....mg	1.71		3	A	1	0.48		
Magnesium, Mg.....mg	9		3	A	1	3		
Phosphorus, P.....mg	186		3	A	1	52		
Potassium, K.....mg	128		3	A	1	36		
Sodium, Na.....mg	3663		3	A	1	1026		
Zinc, Zn.....mg	1.30		3	A	1	0.36		
Copper, Cu.....mg	0.064		3	A	1	0.018		
Manganese, Mn.....mg	0.033		3	A	1	0.009		
Selenium, Se.....µg	30.4		3	A	1	8.5		
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4	0.0		
Thiamin.....mg	0.060		3	A	1	0.017		
Riboflavin.....mg	0.443		3	A	1	0.124		
Niacin.....mg	0.077		3	A	1	0.021		
Pantothenic acid.....mg	1.260		3	A	1	0.353		
Vitamin B-6.....mg	0.226		3	A	1	0.063		
Folate, total.....µg	69		3	A	1	19		
Folic acid.....µg	0		0	BFZN	4	0		
Folate, food.....µg	69		3	A	1	19		
Folate, DFE.....µg	69		0	NC	4	19		
Choline, total.....mg	297.0		3	A	1	83.2		
Betaine.....mg								
Vitamin B-12.....µg	1.21		3	A	1	0.34		
Vitamin B-12, added.....µg	0.00		0	BFZN	4	0.00		
Vitamin A, RAE.....µg	149		0	AS	1	42		
Retinol.....µg	149		3	A	1	42		
Carotene, beta.....µg	0		3	A	1	0		
Carotene, alpha.....µg	0		0	BFZN	4	0		
Cryptoxanthin, beta.....µg	9		0	BFZN	4	3		
Vitamin A, IU.....IU	497		0	AS	1	139		
Lycopene.....µg	0		0	BFZN	4	0		
Lutein + zeaxanthin.....µg	417		3	A	1	117		
Vitamin E (alpha-tocopherol).....mg	0.80		3	A	1	0.22		
Vitamin E, added.....mg	0.00		0	BFZN	4	0.00		
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								

NDB No. 01255

Egg, whole, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.5		3	AS	1		0.4		
Vitamin D.....IU	61		3	A	1		17		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.178		0	NC	4		0.890		
4:0.....g	0.004		0	BFZN	4		0.001		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.039		3	A	1		0.011		
15:0.....g	0.004		3	A	1		0.001		
16:0.....g	2.297		3	A	1		0.643		
17:0.....g	0.018		3	A	1		0.005		
18:0.....g	0.820		3	A	1		0.230		
20:0.....g	0.000		3	A	1		0.000		
22:0.....g	0.000		3	A	1		0.000		
24:0.....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated.....g	4.000		0	NC	4		1.120		
14:1.....g	0.005		3	A	1		0.001		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.260		3	A	1		0.073		
17:1.....g	0.009		3	A	1		0.003		
18:1 undifferentiated.....g	3.697		3	A	1		1.035		
20:1.....g	0.029		3	A	1		0.008		
22:1 undifferentiated.....g	0.000		3	AS	1		0.000		
22:1 c.....g	0.000		3	A	1		0.000		
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.627		0	NC	4		0.456		
18:2 undifferentiated.....g	1.324		3	A	1		0.371		
18:3 undifferentiated.....g	0.044		3	AS	1		0.012		
18:3 n-3 c,c,c (ALA).....g	0.033		3	A	1		0.009		
18:3 n-6 c,c,c.....g	0.011		3	A	1		0.003		
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.022		3	A	1		0.006		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.170		3	A	1		0.048		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.002		3	A	1		0.001		
22:6 n-3 (DHA).....g	0.046		3	A	1		0.013		
Fatty acids, total trans.....g	0.090		0	T	4		0.025		
Cholesterol.....mg	387		3	A	1		108		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0	A	1		0.063		
Threonine.....g	0.483		0	A	1		0.135		
Isoleucine.....g	0.560		0	A	1		0.157		
Leucine.....g	0.940		0	A	1		0.263		
Lysine.....g	0.793		0	A	1		0.222		
Methionine.....g	0.303		0	A	1		0.085		
Cystine.....g	0.240		0	A	1		0.067		
Phenylalanine.....g	0.577		0	A	1		0.161		

NDB No. 01255

Egg, whole, raw, frozen, salted, pasteurized

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Tyrosine.....g	0.463		0	A	1		0.130	
Valine.....g	0.673		0	A	1		0.189	
Arginine.....g	0.700		0	A	1		0.196	
Histidine.....g	0.273		0	A	1		0.077	
Alanine.....g	0.607		0	A	1		0.170	
Aspartic acid.....g	1.113		0	A	1		0.312	
Glutamic acid.....g	1.417		0	A	1		0.397	
Glycine.....g	0.363		0	A	1		0.102	
Proline.....g	0.420		0	A	1		0.118	
Serine.....g	0.850		0	A	1		0.238	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	
Caffeine.....mg	0		0	BFZN	4		0	
Theobromine.....mg	0		0	BFZN	4		0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, yolk, dried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.08	0.264	15	A	1		2.06	0.12	
Energy.....kcal	669		0	NC	4		448	27	
Energy.....kJ	2800		0	NC	4		1876	112	
Protein.....g	33.63	0.388	15	A	1		22.53	1.35	
Total lipid (fat).....g	59.13	0.474	15	DA	1		39.62	2.37	
Ash.....g	3.51	0.063	15	A	1		2.35	0.14	
Carbohydrate, by difference.....g	0.66		0	NC	4		0.44	0.03	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.23	0.017	15	A	1		0.16	0.01	
Sucrose.....g	0.00	0.000	15	A	1		0.00	0.00	
Glucose (dextrose).....g	0.23	0.017	15	A	1		0.16	0.01	
Fructose.....g	0.00	0.000	15	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	15	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	15	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	289	4.223	15	A	1		194	12	
Iron, Fe.....mg	9.56	0.138	15	A	1		6.40	0.38	
Magnesium, Mg.....mg	26		3	A	1		17	1	
Phosphorus, P.....mg	1040		3	A	1		697	42	
Potassium, K.....mg	264		3	A	1		177	11	
Sodium, Na.....mg	149	4.661	15	A	1		100	6	
Zinc, Zn.....mg	7.73		3	A	1		5.18	0.31	
Copper, Cu.....mg	0.000		3	A	1		0.000	0.000	
Manganese, Mn.....mg	0.185		3	A	1		0.124	0.007	
Selenium, Se.....µg	139.3		3	A	1		93.4	5.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.387		3	A	1		0.259	0.015	
Riboflavin.....mg	1.257		3	A	1		0.842	0.050	
Niacin.....mg	0.083		3	A	1		0.056	0.003	
Pantothenic acid.....mg	9.063		3	A	1		6.072	0.363	
Vitamin B-6.....mg	0.742	0.020	15	A	1		0.497	0.030	
Folate, total.....µg	209		3	A	1		140	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	209		3	A	1		140	8	
Folate, DFE.....µg	209		0	NC	4		140	8	
Choline, total.....mg	2403.3		3	A	1		1610.2	96.1	
Betaine.....mg									
Vitamin B-12.....µg	5.11	0.299	15	A	1		3.42	0.20	
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....µg	477		0	AS	1		320	19	
Retinol.....µg	477	26.730	15	A	1		320	19	
Carotene, beta.....µg	0		3	A	1		0	0	
Carotene, alpha.....µg	79		0	BFFN	4		53	3	
Cryptoxanthin, beta.....µg	70		0	BFFN	4		47	3	
Vitamin A, IU.....IU	1590		0	AS	1		1065	64	
Lycopene.....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin.....µg	1133		3	A	1		759	45	
Vitamin E (alpha-tocopherol).....mg	4.81		3	A	1		3.22	0.19	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	10.4		22	AS	1		7.0	0.4	
Vitamin D.....IU	417		0	NR	4		279	17	
Vitamin K (phylloquinone).....µg	1.5		0	BFFN	4		1.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	20.334		0	NC	4		13.624	0.813	
4:0.....g	0.000	0.000	15	A	1		0.000	0.000	
6:0.....g	0.000	0.000	15	A	1		0.000	0.000	
8:0.....g	0.000	0.000	15	A	1		0.000	0.000	
10:0.....g	0.000	0.000	15	A	1		0.000	0.000	
12:0.....g	0.000	0.000	15	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.198	0.002	15	A	1		0.133	0.008	
15:0.....g	0.036	0.001	15	A	1		0.024	0.001	
16:0.....g	14.773	0.156	15	A	1		9.898	0.591	
17:0.....g	0.122	0.004	15	A	1		0.082	0.005	
18:0.....g	5.177	0.059	15	A	1		3.468	0.207	
20:0.....g	0.000	0.000	15	A	1		0.000	0.000	
22:0.....g	0.028	0.002	15	A	1		0.019	0.001	
24:0.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	23.377		0	NC	4		15.662	0.935	
14:1.....g	0.034	0.001	15	A	1		0.023	0.001	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.345	0.050	15	A	1		0.901	0.054	
17:1.....g	0.000	0.000	15	A	1		0.000	0.000	
18:1 undifferentiated.....g	21.855	0.459	15	AS	1		14.643	0.874	
18:1 c.....g	21.613	0.450	15	A	1		14.481	0.865	
18:1 t.....g	0.242	0.010	15	A	1		0.162	0.010	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.143	0.003	15	A	1		0.096	0.006	
22:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.320		0	NC	4		6.915	0.413	
18:2 undifferentiated.....g	8.674	0.393	15	AS	1		5.812	0.347	
18:2 n-6 c,c.....g	8.598	0.394	15	A	1		5.761	0.344	
18:2 CLAs.....g									
18:2 t,t.....g	0.076	0.003	15	A	1		0.051	0.003	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.281	0.009	15	AS	1		0.188	0.011	
18:3 n-3 c,c,c (ALA).....g	0.181	0.009	15	A	1		0.121	0.007	
18:3 n-6 c,c,c.....g	0.072	0.002	15	A	1		0.048	0.003	
18:3i.....g	0.028	0.002	15	A	1		0.019	0.001	
18:4.....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.106	0.006	15	A	1		0.071	0.004	
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.978	0.015	15	A	1		0.655	0.039	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	15	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.029	0.002	15	A	1		0.020	0.001	
22:6 n-3 (DHA).....g	0.253	0.010	15	A	1		0.169	0.010	
Fatty acids, total trans.....g	0.346		0	NC	4		0.232	0.014	
Fatty acids, total trans-monoenoic.....g	0.242		0	NC	4		0.162	0.010	
Fatty acids, total trans-polyenoic.....g	0.105		0	NC	4		0.070	0.004	
Cholesterol.....mg	2307		3	A	1		1545	92	
Phytosterols.....mg									

Amino Acids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Tryptophan.....g	0.390		0	A	1		0.261	0.016	
Threonine.....g	1.545		0	A	1		1.035	0.062	
Isoleucine.....g	1.701		0	A	1		1.140	0.068	
Leucine.....g	2.908		0	A	1		1.948	0.116	
Lysine.....g	2.469		0	A	1		1.654	0.099	
Methionine.....g	0.858		0	A	1		0.575	0.034	
Cystine.....g	0.588		0	A	1		0.394	0.024	
Phenylalanine.....g	1.472		0	A	1		0.986	0.059	
Tyrosine.....g	1.422		0	A	1		0.953	0.057	
Valine.....g	1.934		0	A	1		1.296	0.077	
Arginine.....g	2.336		0	A	1		1.565	0.093	
Histidine.....g	0.861		0	A	1		0.577	0.034	
Alanine.....g	1.751		0	A	1		1.173	0.070	
Aspartic acid.....g	3.310		0	A	1		2.217	0.132	
Glutamic acid.....g	4.263		0	A	1		2.856	0.171	
Glycine.....g	1.043		0	A	1		0.699	0.042	
Proline.....g	1.326		0	A	1		0.888	0.053	
Serine.....g	2.814		0	A	1		1.886	0.113	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 cup, sifted

Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01125
Egg, yolk, raw , fresh

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
						measures of food			
	Number								
	Mean	Std. Error	Points	Deriv Code	Source Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:									
Water.....g	52.31	0.204	12	A	1	8.89	127.10		
Energy.....kcal	322		0	NC	4	55	782		
Energy.....kJ	1346		0	NC	4	229	3271		
Protein (N x 6.25).....g	15.86	0.087	12	A	1	2.70	38.53		
Total lipid (fat).....g	26.54	0.240	12	A	1	4.51	64.50		
Ash.....g	1.71	0.028	12	A	1	0.29	4.15		
Carbohydrate, by difference.....g	3.59		0	NC	4	0.61	8.71		
Fiber, total dietary.....g	0.0		0		4	0.0	0.0		
Sugars, total.....g	0.56		1	A	1	0.09	1.35		
Sucrose.....g	0.07		1	A	1	0.01	0.18		
Glucose (dextrose).....g	0.18		1	A	1	0.03	0.45		
Fructose.....g	0.07		1	A	1	0.01	0.18		
Lactose.....g	0.07		1	A	1	0.01	0.18		
Maltose.....g	0.07		1	A	1	0.01	0.18		
Galactose.....g	0.07		1	A	1	0.01	0.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129	2.670	12	A	1	22	313		
Iron, Fe.....mg	2.73	0.144	12	A	1	0.46	6.64		
Magnesium, Mg.....mg	5	0.225	12	A	1	1	11		
Phosphorus, P.....mg	390	9.897	12	A	1	66	948		
Potassium, K.....mg	109	3.859	12	A	1	19	265		
Sodium, Na.....mg	48	1.657	12	A	1	8	116		
Zinc, Zn.....mg	2.30	0.085	12	A	1	0.39	5.59		
Copper, Cu.....mg	0.077	0.006	12	A	1	0.013	0.186		
Manganese, Mn.....mg	0.055	0.004	12	A	1	0.009	0.135		
Selenium, Se.....µg	56.0	8.030	4	A	1	9.5	136.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4	0.0	0.0		
Thiamin.....mg	0.176	0.021	4	A	1	0.030	0.427		
Riboflavin.....mg	0.528	0.027	12	A	1	0.090	1.284		
Niacin.....mg	0.024	0.002	4	A	1	0.004	0.059		
Pantothenic acid.....mg	2.990		1	A	1	0.508	7.266		
Vitamin B-6.....mg	0.350		1	A	1	0.059	0.850		
Folate, total.....µg	146	6.989	7		1	25	355		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	146	6.989	7		1	25	355		
Folate, DFE.....µg	146		0	NC	4	25	355		
Choline, total.....mg	820.2		0	BFFN	4	139.4	1993.1		
Betaine.....mg	0.9	0.100	4	A	1	0.2	2.2		
Vitamin B-12.....µg	1.95	0.316	12	A	1	0.33	4.75		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	381		0	NC	4	65	926		
Retinol.....µg	371		0	BFFN	4	63	900		
Carotene, beta.....µg	88	12.173	4	A	1	15	215		
Carotene, alpha.....µg	38	4.877	4	A	1	6	92		
Cryptoxanthin, beta.....µg	33	2.862	4	A	1	6	81		
Vitamin A, IU.....IU	1442		0	NC	4	245	3503		
Lycopene.....µg	0	0.000	4	A	1	0	0		
Lutein + zeaxanthin.....µg	1094		0	NR	4	186	2658		
Vitamin E (alpha-tocopherol).....mg	2.58		0	BFFN	4	0.44	6.27		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg	0.05		0	BFFN	4	0.01	0.12		
Tocopherol, gamma.....mg	1.33		0	BFFN	4	0.23	3.24		
Tocopherol, delta.....mg	0.06		0	BFFN	4	0.01	0.14		
Tocotrienol, alpha.....mg	0.03		0	BFFN	4	0.01	0.08		
Tocotrienol, beta.....mg	0.00		0	BFFN	4	0.00	0.00		

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	BFFN	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	BFFN	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	5.4		0	AS	1		0.9	13.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	5.4		0	O	4		0.9	13.2	
Vitamin D.....IU	218		0	O	4		37	529	
Vitamin K (phylloquinone).....µg	0.7		1	A	1		0.1	1.7	
Dihydrophyloquinone.....µg	0.1		1	A	1		0.0	0.2	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	9.551		0	NC	4		1.624	23.209	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.009		33		1		0.002	0.022	
10:0.....g	0.009		33		1		0.002	0.022	
12:0.....g	0.009		33		1		0.002	0.022	
13:0.....g									
14:0.....g	0.104		33		1		0.018	0.253	
15:0.....g	0.013		1		1		0.002	0.032	
16:0.....g	6.860		33		1		1.166	16.670	
17:0.....g	0.051		1		1		0.009	0.124	
18:0.....g	2.417		33		1		0.411	5.873	
20:0.....g	0.032		1		1		0.005	0.078	
22:0.....g	0.038		1		1		0.006	0.092	
24:0.....g	0.009		1		1		0.002	0.022	
Fatty acids, total monounsaturated.....g	11.738		0	NC	4		1.995	28.523	
14:1.....g	0.024		1		1		0.004	0.058	
15:1.....g									
16:1 undifferentiated.....g	0.918		33		1		0.156	2.231	
17:1.....g									
18:1 undifferentiated.....g	10.701		33		1		1.819	26.003	
20:1.....g	0.086		33		1		0.015	0.209	
22:1 undifferentiated.....g	0.009		33		1		0.002	0.022	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.204		0	NC	4		0.715	10.216	
18:2 undifferentiated.....g	3.538		33		1		0.601	8.597	
18:3 undifferentiated.....g	0.103		33		1		0.018	0.250	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.438		33		1		0.074	1.064	
20:5 n-3 (EPA).....g	0.011		33		1		0.002	0.027	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.114		33		1		0.019	0.277	
Fatty acids, total trans.....g									
Cholesterol.....mg	1085		0	O	4		184	2637	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.177		0	A	1		0.030	0.430	
Threonine.....g	0.687		0	A	1		0.117	1.670	
Isoleucine.....g	0.866		0	A	1		0.147	2.104	
Leucine.....g	1.399		0	A	1		0.238	3.399	
Lysine.....g	1.217		0	A	1		0.207	2.957	
Methionine.....g	0.378		0	A	1		0.064	0.917	
Cystine.....g	0.264		0	A	1		0.045	0.642	
Phenylalanine.....g	0.681		0	A	1		0.116	1.654	
Tyrosine.....g	0.678		0	A	1		0.115	1.649	
Valine.....g	0.949		0	A	1		0.161	2.306	
Arginine.....g	1.099		0	A	1		0.187	2.670	
Histidine.....g	0.416		0	A	1		0.071	1.011	
Alanine.....g	0.836		0	A	1		0.142	2.031	

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Aspartic acid.....g	1.550		0	A	1		0.263	3.766	
Glutamic acid.....g	1.970		0	A	1		0.335	4.788	
Glycine.....g	0.488		0	A	1		0.083	1.186	
Proline.....g	0.646		0	A	1		0.110	1.570	
Serine.....g	1.326		0	A	1		0.225	3.221	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 large

Measure 2 = 243g: 1 cup

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, yolk, raw , frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points						Deriv Code
Proximates:									
Water.....g	56.44	0.068	15	A	1	16.00	128.12		
Energy.....kcal	296		0	NC	4	84	671		
Energy.....kJ	1238		0	NC	4	351	2810		
Protein.....g	15.53	0.095	15	A	1	4.40	35.26		
Total lipid (fat).....g	25.60	0.171	15	DA	1	7.26	58.12		
Ash.....g	1.62	0.057	15	A	1	0.46	3.67		
Carbohydrate, by difference.....g	0.81		0	NC	4	0.23	1.84		
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0		
Sugars, total.....g	0.16	0.014	15	A	1	0.05	0.37		
Sucrose.....g	0.00	0.000	15	A	1	0.00	0.00		
Glucose (dextrose).....g	0.16	0.014	15	A	1	0.05	0.37		
Fructose.....g	0.00	0.000	15	A	1	0.00	0.00		
Lactose.....g	0.00	0.000	15	A	1	0.00	0.00		
Maltose.....g	0.00	0.000	15	A	1	0.00	0.00		
Galactose.....g	0.00	0.000	15	A	1	0.00	0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	134	2.872	15	A	1	38	304		
Iron, Fe.....mg	4.55	0.066	15	A	1	1.29	10.33		
Magnesium, Mg.....mg	11		3	A	1	3	25		
Phosphorus, P.....mg	420		3	A	1	119	953		
Potassium, K.....mg	121		3	A	1	34	274		
Sodium, Na.....mg	67	0.860	15	A	1	19	151		
Zinc, Zn.....mg	3.17		3	A	1	0.90	7.20		
Copper, Cu.....mg	0.000		3	A	1	0.000	0.000		
Manganese, Mn.....mg	0.078		3	A	1	0.022	0.177		
Selenium, Se.....µg	56.4		3	A	1	16.0	128.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	15	A	1	0.0	0.0		
Thiamin.....mg	0.223		3	A	1	0.063	0.507		
Riboflavin.....mg	0.563		3	A	1	0.160	1.279		
Niacin.....mg	0.031		3	A	1	0.009	0.070		
Pantothenic acid.....mg	3.437		3	A	1	0.974	7.801		
Vitamin B-6.....mg	0.412	0.007	15	A	1	0.117	0.934		
Folate, total.....µg	151		3	A	1	43	342		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	151		3	A	1	43	342		
Folate, DFE.....µg	151		0	NC	4	43	342		
Choline, total.....mg	639.3		3	A	1	181.3	1451.3		
Betaine.....mg									
Vitamin B-12.....µg	1.90	0.259	15	A	1	0.54	4.32		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	419		0	AS	1	119	950		
Retinol.....µg	419	12.742	15	A	1	119	950		
Carotene, beta.....µg	10		3	A	1	3	23		
Carotene, alpha.....µg	36		0	BFFN	4	10	83		
Cryptoxanthin, beta.....µg	32		0	BFFN	4	9	73		
Vitamin A, IU.....IU	1469		0	NC	4	417	3335		
Lycopene.....µg	0		0	BFFN	4	0	0		
Lutein + zeaxanthin.....µg	904		3	A	1	256	2051		
Vitamin E (alpha-tocopherol).....mg	2.24		3	A	1	0.64	5.09		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

NDB No. 01126
Egg, yolk, raw , frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	6.0		20	AS	1		1.7	13.5	
Vitamin D.....IU	238		0	NR	4		68	541	
Vitamin K (phylloquinone).....µg	0.7		0	BFFN	4		0.2	1.5	
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.615		0	NC	4		2.442	19.556	
4:0.....g	0.000	0.000	15	A	1		0.000	0.000	
6:0.....g	0.000	0.000	15	A	1		0.000	0.000	
8:0.....g	0.000	0.000	15	A	1		0.000	0.000	
10:0.....g	0.000	0.000	15	A	1		0.000	0.000	
12:0.....g	0.000	0.000	15	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.083	0.001	15	A	1		0.024	0.189	
15:0.....g	0.022	0.000	15	A	1		0.006	0.050	
16:0.....g	6.211	0.038	15	A	1		1.761	14.098	
17:0.....g	0.051	0.001	15	A	1		0.014	0.115	
18:0.....g	2.249	0.031	15	A	1		0.637	5.104	
20:0.....g	0.000	0.000	15	A	1		0.000	0.000	
22:0.....g	0.000	0.000	15	A	1		0.000	0.000	
24:0.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	9.956		0	NC	4		2.823	22.600	
14:1.....g	0.022	0.000	15	A	1		0.006	0.050	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.545	0.023	15	A	1		0.155	1.238	
17:1.....g	0.000	0.000	15	A	1		0.000	0.000	
18:1 undifferentiated.....g	9.331	0.142	15	AS	1		2.645	21.181	
18:1 c.....g	9.261	0.144	15	A	1		2.626	21.023	
18:1 t.....g	0.069	0.005	15	A	1		0.020	0.158	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.058	0.001	15	A	1		0.016	0.131	
22:1 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.827		0	NC	4		1.368	10.957	
18:2 undifferentiated.....g	4.009	0.175	15	AS	1		1.137	9.100	
18:2 n-6 c,c.....g	3.980	0.174	15	A	1		1.128	9.035	
18:2 CLAs.....g									
18:2 t,t.....g	0.029	0.003	15	A	1		0.008	0.066	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.124	0.010	15	AS	1		0.035	0.281	
18:3 n-3 c,c,c (ALA).....g	0.093	0.011	15	A	1		0.026	0.210	
18:3 n-6 c,c,c.....g	0.031	0.002	15	A	1		0.009	0.071	
18:3i.....g	0.000	0.000	15	A	1		0.000	0.000	
18:4.....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.047	0.002	15	A	1		0.013	0.107	
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.490	0.011	15	A	1		0.139	1.112	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	15	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.022	0.000	15	A	1		0.006	0.050	
22:6 n-3 (DHA).....g	0.135	0.005	15	A	1		0.038	0.307	
Fatty acids, total trans.....g	0.098		0	NC	4		0.028	0.224	
Fatty acids, total trans-monoenoic.....g	0.069		0	NC	4		0.020	0.158	
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.008	0.066	
Cholesterol.....mg	991		3	A	1		281	2250	
Phytosterols.....mg									

Amino Acids:

NDB No. 01126
Egg, yolk, raw , frozen, pasteurized

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2
			of Data	Deriv	Source Confidence		
			Points	Code	Code	Code	Measure 3
Tryptophan.....g	0.223		0	A	1		0.063
Threonine.....g	0.706		0	A	1		0.200
Isoleucine.....g	0.780		0	A	1		0.221
Leucine.....g	1.351		0	A	1		0.383
Lysine.....g	1.182		0	A	1		0.335
Methionine.....g	0.375		0	A	1		0.106
Cystine.....g	0.274		0	A	1		0.078
Phenylalanine.....g	0.689		0	A	1		0.195
Tyrosine.....g	0.682		0	A	1		0.193
Valine.....g	0.908		0	A	1		0.258
Arginine.....g	1.091		0	A	1		0.309
Histidine.....g	0.399		0	A	1		0.113
Alanine.....g	0.811		0	A	1		0.230
Aspartic acid.....g	1.503		0	A	1		0.426
Glutamic acid.....g	1.942		0	A	1		0.551
Glycine.....g	0.476		0	A	1		0.135
Proline.....g	0.615		0	A	1		0.174
Serine.....g	1.301		0	A	1		0.369
Hydroxyproline.....g							2.952
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0
Theobromine.....mg	0		0	Z	7		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, yolk, raw , frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.87		3	A	1		14.42	115.47	
Energy.....kcal	275		0	NC	4		78	624	
Energy.....kJ	1149		0	NC	4		326	2608	
Protein (N x 6.25).....g	14.07		3	A	1		3.99	31.93	
Total lipid (fat).....g	22.93		3	A	1		6.50	52.05	
Ash.....g	10.37		3	A	1		2.94	23.53	
Carbohydrate, by difference.....g	1.77		0	NC	4		0.50	4.02	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.07		3	A	1		0.02	0.15	
Sucrose.....g	0.00		3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.07		3	A	1		0.02	0.15	
Fructose.....g	0.00		3	A	1		0.00	0.00	
Lactose.....g	0.00		3	A	1		0.00	0.00	
Maltose.....g	0.00		3	A	1		0.00	0.00	
Galactose.....g	0.00		3	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		3	A	1		32	257	
Iron, Fe.....mg	3.40		3	A	1		0.96	7.73	
Magnesium, Mg.....mg	7		3	A	1		2	15	
Phosphorus, P.....mg	414		3	A	1		117	939	
Potassium, K.....mg	111		3	A	1		32	253	
Sodium, Na.....mg	3487		3	A	1		988	7915	
Zinc, Zn.....mg	2.87		3	A	1		0.81	6.52	
Copper, Cu.....mg	0.121		3	A	1		0.034	0.274	
Manganese, Mn.....mg	0.065		3	A	1		0.018	0.147	
Selenium, Se.....µg	56.9		3	A	1		16.1	129.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.140		3	A	1		0.040	0.318	
Riboflavin.....mg	0.427		3	A	1		0.121	0.969	
Niacin.....mg	0.027		3	A	1		0.008	0.062	
Pantothenic acid.....mg	3.167		3	A	1		0.898	7.188	
Vitamin B-6.....mg	0.402		3	A	1		0.114	0.912	
Folate, total.....µg	112		3	A	1		32	253	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	112		3	A	1		32	253	
Folate, DFE.....µg	112		0	NC	4		32	253	
Choline, total.....mg	705.0		3	A	1		199.9	1600.4	
Betaine.....mg									
Vitamin B-12.....µg	1.61		3	A	1		0.46	3.66	
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	313		0	AS	1		89	711	
Retinol.....µg	313		3	A	1		89	711	
Carotene, beta.....µg	0		3	A	1		0	0	
Carotene, alpha.....µg	38		0	BFZN	4		11	86	
Cryptoxanthin, beta.....µg	33		0	BFZN	4		9	76	
Vitamin A, IU.....IU	1043		0	AS	1		296	2368	
Lycopene.....µg									

NDB No. 01160

Egg, yolk, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.1		3	AS	1		0.9	7.1	
Vitamin D.....IU	126		3	A	1		36	285	
Vitamin K (phylloquinone).....µg	0.7		0	BFZN	4		0.2	1.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.159		0	NC	4		2.030	16.251	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.073		3	A	1		0.021	0.165	
15:0.....g	0.013		3	A	1		0.004	0.029	
16:0.....g	5.184		3	A	1		1.470	11.768	
17:0.....g	0.048		3	A	1		0.014	0.109	
18:0.....g	1.841		3	A	1		0.522	4.180	
20:0.....g	0.000		3	A	1		0.000	0.000	
22:0.....g	0.000		3	A	1		0.000	0.000	
24:0.....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	9.070		0	NC	4		2.571	20.589	
14:1.....g	0.016		3	A	1		0.004	0.036	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.543		3	A	1		0.154	1.233	
17:1.....g	0.010		3	A	1		0.003	0.022	
18:1 undifferentiated.....g	8.438		3	A	1		2.392	19.153	
20:1.....g	0.064		3	A	1		0.018	0.145	
22:1 undifferentiated.....g	0.000		3	AS	1		0.000	0.000	
22:1 c.....g	0.000		3	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.733		0	NC	4		1.058	8.474	
18:2 undifferentiated.....g	3.068		3	A	1		0.870	6.964	
18:3 undifferentiated.....g	0.102		3	AS	1		0.029	0.231	
18:3 n-3 c,c,c (ALA).....g	0.083		3	A	1		0.023	0.188	
18:3 n-6 c,c,c.....g	0.019		3	A	1		0.005	0.043	
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.045		3	A	1		0.013	0.101	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.397		3	A	1		0.112	0.900	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.010		3	A	1		0.003	0.023	
22:6 n-3 (DHA).....g	0.112		3	A	1		0.032	0.255	
Fatty acids, total trans.....g	0.116		0	BFSN	4		0.033	0.263	
Cholesterol.....mg	912		3	A	1		258	2069	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.190		0	A	1		0.054	0.431	
Threonine.....g	0.620		0	A	1		0.176	1.407	
Isoleucine.....g	0.697		0	A	1		0.198	1.581	
Leucine.....g	1.187		0	A	1		0.336	2.694	
Lysine.....g	1.033		0	A	1		0.293	2.346	
Methionine.....g	0.320		0	A	1		0.091	0.726	
Cystine.....g	0.240		0	A	1		0.068	0.545	
Phenylalanine.....g	0.610		0	A	1		0.173	1.385	

NDB No. 01160

Egg, yolk, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine.....g	0.597		0	A	1		0.169	1.354	
Valine.....g	0.793		0	A	1		0.225	1.801	
Arginine.....g	0.947		0	A	1		0.268	2.149	
Histidine.....g	0.353		0	A	1		0.100	0.802	
Alanine.....g	0.710		0	A	1		0.201	1.612	
Aspartic acid.....g	1.333		0	A	1		0.378	3.027	
Glutamic acid.....g	1.697		0	A	1		0.481	3.851	
Glycine.....g	0.420		0	A	1		0.119	0.953	
Proline.....g	0.550		0	A	1		0.156	1.248	
Serine.....g	1.133		0	A	1		0.321	2.572	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Egg, yolk, raw, frozen, sugared, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
Proximates:								
Water.....g	51.23		3	A	1	14.52	116.30	
Energy.....kcal	307		0	NC	4	87	696	
Energy.....kJ	1283		0	NC	4	364	2912	
Protein (N x 6.25).....g	13.87		3	A	1	3.93	31.48	
Total lipid (fat).....g	22.82		3	A	1	6.47	51.80	
Ash.....g	1.13		3	A	1	0.32	2.57	
Carbohydrate, by difference.....g	10.95		0	NC	4	3.10	24.85	
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0	
Sugars, total.....g	10.30		3	A	1	2.92	23.38	
Sucrose.....g	10.10		3	A	1	2.86	22.93	
Glucose (dextrose).....g	0.10		3	A	1	0.03	0.23	
Fructose.....g	0.10		3	A	1	0.03	0.23	
Lactose.....g	0.00		3	A	1	0.00	0.00	
Maltose.....g	0.00		3	A	1	0.00	0.00	
Galactose.....g	0.00		3	A	1	0.00	0.00	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	124		3	A	1	35	281	
Iron, Fe.....mg	3.70		3	A	1	1.05	8.39	
Magnesium, Mg.....mg	10		3	A	1	3	24	
Phosphorus, P.....mg	404		3	A	1	114	916	
Potassium, K.....mg	105		3	A	1	30	238	
Sodium, Na.....mg	70		3	A	1	20	159	
Zinc, Zn.....mg	3.06		3	A	1	0.87	6.95	
Copper, Cu.....mg	0.012		2	A	1	0.003	0.027	
Manganese, Mn.....mg	0.080		3	A	1	0.023	0.182	
Selenium, Se.....µg	53.5		3	A	1	15.2	121.4	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7	0.0	0.0	
Thiamin.....mg	0.140		3	A	1	0.040	0.318	
Riboflavin.....mg	0.523		3	A	1	0.148	1.188	
Niacin.....mg	0.037		3	A	1	0.011	0.085	
Pantothenic acid.....mg	3.287		3	A	1	0.932	7.461	
Vitamin B-6.....mg	0.398		3	A	1	0.113	0.903	
Folate, total.....µg	174		3	A	1	49	394	
Folic acid.....µg	0		0	Z	7	0	0	
Folate, food.....µg	174		3	A	1	49	394	
Folate, DFE.....µg	174		0	NC	4	49	394	
Choline, total.....mg	669.3		3	A	1	189.8	1519.4	
Betaine.....mg								
Vitamin B-12.....µg	1.64		3	A	1	0.46	3.72	
Vitamin B-12, added.....µg	0.00		0	BFZN	4	0.00	0.00	
Vitamin A, RAE.....µg	316		0	NC	4	90	717	
Retinol.....µg	313		0	BFZN	4	89	711	
Carotene, beta.....µg	0		3	A	1	0	0	
Carotene, alpha.....µg	38		0	BFZN	4	11	86	
Cryptoxanthin, beta.....µg	33		0	BFZN	4	9	76	
Vitamin A, IU.....IU	1103		0	NC	4	313	2503	
Lycopene.....µg	0		0	BFZN	4	0	0	
Lutein + zeaxanthin.....µg	967		3	A	1	274	2196	
Vitamin E (alpha-tocopherol).....mg	2.25		3	A	1	0.64	5.10	
Vitamin E, added.....mg	0.00		0	BFZN	4	0.00	0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								

NDB No. 01127

Egg, yolk, raw, frozen, sugared, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	3.1		3	AS	1		0.9	7.0	
Vitamin D.....IU	123		3	A	1		35	280	
Vitamin K (phylloquinone).....µg	0.7		0	BFZN	4		0.2	1.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.110		0	NC	4		2.016	16.140	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.003		3	A	1		0.001	0.007	
13:0.....g									
14:0.....g	0.104		3	A	1		0.030	0.237	
15:0.....g	0.013		3	A	1		0.004	0.029	
16:0.....g	5.127		3	A	1		1.453	11.638	
17:0.....g	0.041		3	A	1		0.012	0.094	
18:0.....g	1.822		3	A	1		0.517	4.136	
20:0.....g	0.000		3	A	1		0.000	0.000	
22:0.....g	0.000		3	A	1		0.000	0.000	
24:0.....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.885		0	NC	4		2.519	20.169	
14:1.....g	0.019		3	A	1		0.005	0.042	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.527		3	A	1		0.149	1.196	
17:1.....g	0.022		3	A	1		0.006	0.051	
18:1 undifferentiated.....g	8.259		3	A	1		2.341	18.748	
20:1.....g	0.058		3	A	1		0.016	0.132	
22:1 undifferentiated.....g	0.000		3	AS	1		0.000	0.000	
22:1 c.....g	0.000		3	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.856		0	NC	4		1.093	8.753	
18:2 undifferentiated.....g	3.154		3	A	1		0.894	7.160	
18:3 undifferentiated.....g	0.112		3	AS	1		0.032	0.254	
18:3 n-3 c,c,c (ALA).....g	0.083		3	A	1		0.024	0.188	
18:3 n-6 c,c,c.....g	0.029		3	A	1		0.008	0.066	
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.048		3	A	1		0.014	0.109	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.400		3	A	1		0.113	0.909	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.013		3	A	1		0.004	0.029	
22:6 n-3 (DHA).....g	0.129		3	A	1		0.036	0.292	
Fatty acids, total trans.....g	0.115		0	BFSN	4		0.033	0.261	
Cholesterol.....mg	917		3	A	1		260	2082	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.190		0	A	1		0.054	0.431	
Threonine.....g	0.627		0	A	1		0.178	1.423	
Isoleucine.....g	0.697		0	A	1		0.198	1.581	
Leucine.....g	1.180		0	A	1		0.335	2.679	
Lysine.....g	1.033		0	A	1		0.293	2.346	
Methionine.....g	0.360		0	A	1		0.102	0.817	
Cystine.....g	0.227		0	A	1		0.064	0.515	
Phenylalanine.....g	0.607		0	A	1		0.172	1.377	

NDB No. 01127

Egg, yolk, raw, frozen, sugared, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine.....g	0.507		0	A	1		0.144	1.150	
Valine.....g	0.790		0	A	1		0.224	1.794	
Arginine.....g	0.917		0	A	1		0.260	2.082	
Histidine.....g	0.353		0	A	1		0.100	0.802	
Alanine.....g	0.703		0	A	1		0.199	1.597	
Aspartic acid.....g	1.337		0	A	1		0.379	3.035	
Glutamic acid.....g	1.690		0	A	1		0.479	3.837	
Glycine.....g	0.417		0	A	1		0.118	0.946	
Proline.....g	0.547		0	A	1		0.155	1.241	
Serine.....g	1.137		0	A	1		0.322	2.581	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	82.54		0	RC	4		209.65	26.25	838.60
Energy.....kcal	88		0	NC	4		223	28	891
Energy.....kJ	367		0	NC	4		932	117	3729
Protein (N x 6.37).....g	4.55		0	RC	4		11.55	1.45	46.18
Total lipid (fat).....g	4.19		0	RC	4		10.66	1.33	42.62
Ash.....g	0.67		0	RC	4		1.71	0.21	6.85
Carbohydrate, by difference.....g	8.05		0	RC	4		20.44	2.56	81.75
Fiber, total dietary.....g	0.0		0	RC	4		0.0	0.0	0.0
Sugars, total.....g	8.05		0	NR	4		20.44	2.56	81.75
Sucrose.....g	0.04		0	RC	4		0.09	0.01	0.36
Glucose (dextrose).....g	0.07		0	RC	4		0.17	0.02	0.67
Fructose.....g	0.04		0	RC	4		0.09	0.01	0.36
Lactose.....g	7.84		0	RC	4		19.91	2.49	79.64
Maltose.....g	0.04		0	RC	4		0.09	0.01	0.36
Galactose.....g	0.04		0	RC	4		0.09	0.01	0.36
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130	4.803	7		1		330	41	1321
Iron, Fe.....mg	0.20		3		1		0.51	0.06	2.03
Magnesium, Mg.....mg	19		2		1		47	6	188
Phosphorus, P.....mg	109	4.561	6		1		278	35	1112
Potassium, K.....mg	165	9.997	6		1		420	53	1678
Sodium, Na.....mg	54	2.014	6		1		138	17	553
Zinc, Zn.....mg	0.46		0		1		1.17	0.15	4.67
Copper, Cu.....mg	0.013		0		1		0.033	0.004	0.132
Manganese, Mn.....mg	0.005		0		1		0.013	0.002	0.051
Selenium, Se.....µg	4.2		0	BFNN	4		10.7	1.3	42.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5	0.289	3		1		3.8	0.5	15.2
Thiamin.....mg	0.034	0.002	6		1		0.086	0.011	0.345
Riboflavin.....mg	0.190	0.007	7		1		0.483	0.060	1.930
Niacin.....mg	0.105	0.005	4		1		0.267	0.033	1.067
Pantothenic acid.....mg	0.417		0		1		1.059	0.133	4.237
Vitamin B-6.....mg	0.050		0		1		0.127	0.016	0.508
Folate, total.....µg	1	0.153	3		1		2	0	9
Folic acid.....µg	0		0	RC	4		0	0	0
Folate, food.....µg	1	0.153	3		1		2	0	9
Folate, DFE.....µg	1		0	NC	4		2	0	9
Choline, total.....mg	52.2		0	RC	4		132.5	16.6	530.0
Betaine.....mg	0.6		0	RC	4		1.5	0.2	5.9
Vitamin B-12.....µg	0.45		0		1		1.14	0.14	4.57
Vitamin B-12, added.....µg	0.00		0	RC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	59		0	NC	4		150	19	600
Retinol.....µg	58		0	RC	4		148	19	594
Carotene, beta.....µg	7		0	RC	4		18	2	70
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	206		0	NC	4		524	66	2096
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	54		0	RC	4		137	17	547
Vitamin E (alpha-tocopherol).....mg	0.21		0	RC	4		0.54	0.07	2.17
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	RC	4		0.01	0.00	0.03
Tocopherol, gamma.....mg	0.08		0	RC	4		0.21	0.03	0.86
Tocopherol, delta.....mg	0.00		0	RC	4		0.01	0.00	0.03
Tocotrienol, alpha.....mg	0.00		0	RC	4		0.01	0.00	0.03
Tocotrienol, beta.....mg	0.00		0	RC	4		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		0	RC	4		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	RC	4		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.2		0	RC	4		3.1	0.4	12.3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.2		0	RC	4		3.1	0.4	12.3
Vitamin D.....IU	49		0	RC	4		123	15	494
Vitamin K (phylloquinone).....µg	0.3		0	RC	4		0.7	0.1	2.6
Dihydrophyloquinone.....µg	0.0		0	RC	4		0.0	0.0	0.1
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.591		0		1		6.581	0.824	26.324
4:0.....g	0.129		0		1		0.327	0.041	1.309
6:0.....g	0.076		0		1		0.194	0.024	0.776
8:0.....g	0.044		0		1		0.113	0.014	0.450
10:0.....g	0.100		0		1		0.253	0.032	1.013
12:0.....g	0.112		0		1		0.284	0.036	1.138
13:0.....g									
14:0.....g	0.401		0		1		1.019	0.128	4.076
15:0.....g									
16:0.....g	1.131		0		1		2.873	0.360	11.494
17:0.....g									
18:0.....g	0.511		0		1		1.299	0.163	5.196
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.302		0		1		3.307	0.414	13.230
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.101		0		1		0.258	0.032	1.031
17:1.....g									
18:1 undifferentiated.....g	1.142		0		1		2.900	0.363	11.601
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.502	0.063	2.008
18:2 undifferentiated.....g	0.132		0		1		0.336	0.042	1.345
18:3 undifferentiated.....g	0.059		0		1		0.150	0.019	0.598
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.009	0.001	0.036
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		149	19	596
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0	RC	4		0.216	0.027	0.865
Threonine.....g	0.201		0	RC	4		0.511	0.064	2.045
Isoleucine.....g	0.237		0	RC	4		0.603	0.075	2.411
Leucine.....g	0.383		0	RC	4		0.972	0.122	3.888
Lysine.....g	0.257		0	RC	4		0.653	0.082	2.613
Methionine.....g	0.120		0	RC	4		0.304	0.038	1.217
Cystine.....g	0.057		0	RC	4		0.145	0.018	0.582
Phenylalanine.....g	0.225		0	RC	4		0.571	0.071	2.282
Tyrosine.....g	0.199		0	RC	4		0.505	0.063	2.020
Valine.....g	0.289		0	RC	4		0.733	0.092	2.933
Arginine.....g	0.191		0	RC	4		0.486	0.061	1.945
Histidine.....g	0.108		0	RC	4		0.275	0.034	1.101
Alanine.....g	0.199		0	RC	4		0.506	0.063	2.024

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
Aspartic acid.....g	0.400		0	RC	4	1.017	0.127	4.067
Glutamic acid.....g	0.775		0	RC	4	1.969	0.247	7.876
Glycine.....g	0.128		0	RC	4	0.326	0.041	1.303
Proline.....g	0.349		0	RC	4	0.885	0.111	3.542
Serine.....g	0.241		0	RC	4	0.612	0.077	2.447
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 31.8g: 1 fl oz

Measure 3 = 1016g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.9

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43285
Eggs, scrambled, frozen mixture

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	1.052		0		4		0.298		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.009		0		4		0.003		
15:0.....g									
16:0.....g	0.717		0		4		0.203		
17:0.....g									
18:0.....g	0.318		0		4		0.090		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.339		0		4		0.663		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		4		0.016		
17:1.....g									
18:1 undifferentiated.....g	2.272		0		4		0.644		
20:1.....g	0.004		0		4		0.001		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.778		0		4		0.504		
18:2 undifferentiated.....g	1.635		0		4		0.464		
18:3 undifferentiated.....g	0.115		0		4		0.033		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		4		0.005		
20:5 n-3 (EPA).....g	0.001		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.005		0		4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	277		0	BFZN	4		79		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01243

Fat free ice cream, no sugar added, flavors other than chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1
								Measure 2
								Measure 3
Proximates:								
Water.....g	65.52		0	BFZN	4			44.56
Energy.....kcal	129		0	NC	4			88
Energy.....kJ	541		0	NC	4			368
Protein.....g	4.41		1	LC	8			3.00
Total lipid (fat).....g	0.00		1	LC	8			0.00
Ash.....g	1.20		0	BFZN	4			0.82
Carbohydrate, by difference.....g	27.94		1	LC	8			19.00
Fiber, total dietary.....g	7.4		1	LC	8			5.0
Sugars, total.....g	8.82		1	LC	8			6.00
Starch.....g								
Minerals:								
Calcium, Ca.....mg	147		1	LC	8			100
Iron, Fe.....mg	0.00		1	LC	8			0.00
Magnesium, Mg.....mg	9		0	BFZN	4			6
Phosphorus, P.....mg	75		0	BFZN	4			51
Potassium, K.....mg	196		0	BFZN	4			133
Sodium, Na.....mg	110		1	LC	8			75
Zinc, Zn.....mg	0.31		0	BFZN	4			0.21
Copper, Cu.....mg	0.030		0	BFZN	4			0.020
Manganese, Mn.....mg								
Selenium, Se.....µg	1.9		0	BFZN	4			1.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8			0.0
Thiamin.....mg	0.029		0	BFZN	4			0.020
Riboflavin.....mg	0.122		0	BFZN	4			0.083
Niacin.....mg	0.074		0	BFZN	4			0.050
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.029		0	BFZN	4			0.019
Folate, total.....µg	4		0	BFZN	4			3
Folic acid.....µg	0		0	BFZN	4			0
Folate, food.....µg	4		0	BFZN	4			3
Folate, DFE.....µg	4		0	NC	4			3
Choline, total.....mg	23.0		0	BFZN	4			15.6
Betaine.....mg								
Vitamin B-12.....µg	0.52		0	BFZN	4			0.35
Vitamin B-12, added.....µg	0.00		0	BFZN	4			0.00
Vitamin A, RAE.....µg	133		0	NC	4			91
Retinol.....µg	132		0	NR	4			90
Carotene, beta.....µg	12		0	BFZN	4			8
Carotene, alpha.....µg	0		0	BFZN	4			0
Cryptoxanthin, beta.....µg	0		0	BFZN	4			0
Vitamin A, IU.....IU	461		0	NC	4			313
Lycopene.....µg	0		0	BFZN	4			0
Lutein + zeaxanthin.....µg	0		0	BFZN	4			0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4			0.00
Vitamin E, added.....mg	0.00		0	BFZN	4			0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4			0.0
Vitamin D.....IU	0		0	NR	4			0
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4			0.0
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01243

Fat free ice cream, no sugar added, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: .5 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01300
Ice cream bar, covered with chocolate and nuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Source Code	Confidence Code	
			of Data Points	Deriv Code			
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	15.904		0	NC		4	
4:0.....g	0.347		0	BFFN		4	
6:0.....g	0.255		0	BFFN		4	
8:0.....g	0.713		0	BFFN		4	
10:0.....g	0.807		0	BFFN		4	
12:0.....g	4.150		0	BFFN		4	
13:0.....g							
14:0.....g	2.625		0	BFFN		4	
15:0.....g							
16:0.....g	4.674		0	BFFN		4	
17:0.....g							
18:0.....g	2.333		0	BFFN		4	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.208		0	NC		4	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.238		0	BFFN		4	
17:1.....g							
18:1 undifferentiated.....g	5.918		0	BFFN		4	
20:1.....g	0.052		0	BFFN		4	
22:1 undifferentiated.....g	0.000		0	BFFN		4	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.879		0	NC		4	
18:2 undifferentiated.....g	1.721		0	BFFN		4	
18:3 undifferentiated.....g	0.159		0	BFFN		4	
18:4.....g	0.000		0	BFFN		4	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	BFFN		4	
20:5 n-3 (EPA).....g	0.000		0	T		4	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	BFFN		4	
22:6 n-3 (DHA).....g	0.000		0	BFFN		4	
Fatty acids, total trans.....g	0.000		0			8	
Cholesterol.....mg	56		0			8	
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	BFFN		4	
Caffeine.....mg	4		0	BFFN		4	
Theobromine.....mg	41		0	BFFN		4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Ice cream bar, stick or nugget, with crunch coating

[illegible]

NDB No. 01264

Ice cream bar, stick or nugget, with crunch coating

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	17.895		0	LC	8		17.000		
4:0.....g	0.414		0	FLC	4		0.393		
6:0.....g	0.244		0	FLC	4		0.232		
8:0.....g	0.122		0	FLC	4		0.116		
10:0.....g	0.271		0	FLC	4		0.258		
12:0.....g	0.316		0	FLC	4		0.300		
13:0.....g									
14:0.....g	1.192		0	FLC	4		1.132		
15:0.....g	0.101		0	FLC	4		0.096		
16:0.....g	11.671		0	FLC	4		11.087		
17:0.....g	0.058		0	FLC	4		0.055		
18:0.....g	3.483		0	FLC	4		3.309		
20:0.....g	0.016		0	FLC	4		0.015		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.173		0	FLC	4		1.114		
14:1.....g	0.006		0	FLC	4		0.006		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.027		0	FLC	4		0.026		
17:1.....g	0.002		0	FLC	4		0.002		
18:1 undifferentiated.....g	1.137		0	FLC	4		1.080		
20:1.....g	0.001		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.208		0	FLC	4		2.098		
18:2 undifferentiated.....g	2.012		0	FLC	4		1.912		
18:3 undifferentiated.....g	0.190		0	FLC	4		0.181		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.001		0	FLC	4		0.001		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	16		0	LC	8		15		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 26 pieces

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Number		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error						
Proximates:								
Water.....g	37.43		0	NR	4	35.93		
Energy.....kcal	354		1	LC	8	340		
Energy.....kJ	1482		0	LC	8	1423		
Protein (N x 6.25).....g	5.21		1	LC	8	5.00		
Total lipid (fat).....g	21.88		1	LC	8	21.00		
Ash.....g	1.11		0	FLC	4	1.07		
Carbohydrate, by difference.....g	34.38		1	LC	8	33.00		
Fiber, total dietary.....g	1.0		1	LC	8	1.0		
Sugars, total.....g	25.00		1	LC	8	24.00		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	63		1	LC	8	60		
Iron, Fe.....mg	0.00		1	LC	8	0.00		
Magnesium, Mg.....mg	29		0	FLC	4	28		
Phosphorus, P.....mg	108		0	FLC	4	104		
Potassium, K.....mg	222		0	FLC	4	213		
Sodium, Na.....mg	94		1	LC	8	90		
Zinc, Zn.....mg	0.86		0	FLC	4	0.82		
Copper, Cu.....mg	0.128		0	FLC	4	0.123		
Manganese, Mn.....mg	0.194		0	FLC	4	0.186		
Selenium, Se.....µg	2.6		0	FLC	4	2.5		
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8	0.0		
Thiamin.....mg	0.108		0	FLC	4	0.104		
Riboflavin.....mg	0.252		0	FLC	4	0.242		
Niacin.....mg	0.829		0	FLC	4	0.795		
Pantothenic acid.....mg	0.438		0	FLC	4	0.421		
Vitamin B-6.....mg	0.046		0	FLC	4	0.044		
Folate, total.....µg	24		0	FLC	4	23		
Folic acid.....µg	16		0	FLC	4	15		
Folate, food.....µg	8		0	FLC	4	8		
Folate, DFE.....µg	35		0	NC	4	33		
Choline, total.....mg	23.8		0	FLC	4	22.8		
Betaine.....mg								
Vitamin B-12.....µg	0.36		0	FLC	4	0.34		
Vitamin B-12, added.....µg	0.00		0	FLC	4	0.00		
Vitamin A, RAE.....µg	32		0	NC	4	31		
Retinol.....µg	31		0	NR	4	30		
Carotene, beta.....µg	11		0	FLC	4	10		
Carotene, alpha.....µg	0		0	FLC	4	0		
Cryptoxanthin, beta.....µg	0		0	FLC	4	0		
Vitamin A, IU.....IU	104		1	LC	8	100		
Lycopene.....µg	0		0	FLC	4	0		
Lutein + zeaxanthin.....µg	4		0	FLC	4	4		
Vitamin E (alpha-tocopherol).....mg	0.18		0	FLC	4	0.17		
Vitamin E, added.....mg	0.00		0	FLC	4	0.00		
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4	0.1		
Vitamin D.....IU	3		0	FLC	4	3		
Vitamin K (phylloquinone).....µg	1.1		0	FLC	4	1.1		
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01240

Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	11.458		1	LC	8		11.000		
4:0.....g	0.281		0	FLC	4		0.270		
6:0.....g	0.197		0	FLC	4		0.189		
8:0.....g	0.148		0	FLC	4		0.142		
10:0.....g	0.235		0	FLC	4		0.225		
12:0.....g	0.254		0	FLC	4		0.244		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.948		0	FLC	4		0.910		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	4.933		0	FLC	4		4.735		
17:0.....g	0.014		0	FLC	4		0.014		
18:0.....g	4.204		0	FLC	4		4.036		
20:0.....g	0.080		0	FLC	4		0.077		
22:0.....g	0.007		0	FLC	4		0.007		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	7.340		0	FLC	4		7.046		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.185		0	FLC	4		0.178		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	7.140		0	FLC	4		6.855		
20:1.....g	0.014		0	FLC	4		0.014		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.657		0	FLC	4		1.591		
18:2 undifferentiated.....g	1.408		0	FLC	4		1.351		
18:3 undifferentiated.....g	0.249		0	FLC	4		0.239		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	LC	8		20		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	7		0	FLC	4		7		
Theobromine.....mg	56		0	FLC	4		53		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 96g: 1 unit

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01239
Ice cream cookie sandwich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	1.663		0	NC	4		1.364		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.004		0	BFZN	4		0.004		
8:0.....g	0.050		0	BFZN	4		0.041		
10:0.....g	0.040		0	BFZN	4		0.033		
12:0.....g	0.004		0	RA	4		0.003		
13:0.....g									
14:0.....g	0.040		0	RA	4		0.033		
15:0.....g									
16:0.....g	0.211		0	RA	4		0.173		
17:0.....g									
18:0.....g	1.314		0	RA	4		1.078		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.150		0	NC	4		3.403		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RA	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	4.144		0	RA	4		3.398		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.847		0	NC	4		0.694		
18:2 undifferentiated.....g	0.798		0	RA	4		0.655		
18:3 undifferentiated.....g	0.043		0	RA	4		0.036		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFZN	4		0.002		
20:5 n-3 (EPA).....g	0.001		0	BFZN	4		0.001		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.001		0	BFZN	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	6		0	RA	4		5		
Theobromine.....mg	42		0	RA	4		34		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01238
Ice cream sandwich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.317		0	RA	4		1.622		
4:0.....g	0.001		0	RA	4		0.000		
6:0.....g	0.006		0	RA	4		0.004		
8:0.....g	0.070		0	RA	4		0.049		
10:0.....g	0.056		0	RA	4		0.039		
12:0.....g	0.416		0	RA	4		0.292		
13:0.....g									
14:0.....g	0.167		0	RA	4		0.117		
15:0.....g									
16:0.....g	0.984		0	RA	4		0.689		
17:0.....g									
18:0.....g	0.617		0	RA	4		0.432		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.661		0	RA	4		1.863		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	RA	4		0.018		
17:1.....g									
18:1 undifferentiated.....g	2.634		0	RA	4		1.844		
20:1.....g	0.001		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.272		0	RA	4		1.590		
18:2 undifferentiated.....g	2.119		0	RA	4		1.483		
18:3 undifferentiated.....g	0.147		0	RA	4		0.103		
18:4.....g	0.001		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	RA	4		0.002		
20:5 n-3 (EPA).....g	0.002		0	RA	4		0.001		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.001		0	RA	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	LC	8		15		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	4		0	RA	4		3		
Theobromine.....mg	122		0	RA	4		86		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01241

Ice cream sandwich, made with light ice cream, vanilla

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.821		0	BFFN	4		0.574		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.002		0	BFFN	4		0.001		
8:0.....g	0.025		0	BFFN	4		0.017		
10:0.....g	0.020		0	BFFN	4		0.014		
12:0.....g	0.148		0	BFFN	4		0.103		
13:0.....g									
14:0.....g	0.059		0	BFFN	4		0.041		
15:0.....g									
16:0.....g	0.349		0	BFFN	4		0.244		
17:0.....g									
18:0.....g	0.218		0	BFFN	4		0.153		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.942		0	BFFN	4		0.660		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	BFFN	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.933		0	BFFN	4		0.653		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.805		0	BFFN	4		0.563		
18:2 undifferentiated.....g	0.750		0	BFFN	4		0.525		
18:3 undifferentiated.....g	0.052		0	BFFN	4		0.036		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	BFFN	4		0.001		
20:5 n-3 (EPA).....g	0.001		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	1		0	BFFN	4		1		
Theobromine.....mg	43		0	BFFN	4		30		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01242

Ice cream sandwich, vanilla, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.821		0	BFZN	4		0.574		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.002		0	BFZN	4		0.001		
8:0.....g	0.025		0	BFZN	4		0.017		
10:0.....g	0.020		0	BFZN	4		0.014		
12:0.....g	0.148		0	BFZN	4		0.103		
13:0.....g									
14:0.....g	0.059		0	BFZN	4		0.041		
15:0.....g									
16:0.....g	0.349		0	BFZN	4		0.244		
17:0.....g									
18:0.....g	0.218		0	BFZN	4		0.153		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.942		0	BFZN	4		0.660		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0	BFZN	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.933		0	BFZN	4		0.653		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.805		0	BFZN	4		0.563		
18:2 undifferentiated.....g	0.750		0	BFZN	4		0.525		
18:3 undifferentiated.....g	0.052		0	BFZN	4		0.036		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	BFZN	4		0.001		
20:5 n-3 (EPA).....g	0.001		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	LC	8		15		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	1		0	BFZN	4		1		
Theobromine.....mg	43		0	BFZN	4		30		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01301
Ice cream sundae cone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.717		0	NC	4				
4:0.....g	0.000		0	RA	4				
6:0.....g	0.082		0	RA	4				
8:0.....g	0.051		0	RA	4				
10:0.....g	0.101		0	RA	4				
12:0.....g	0.302		0	RA	4				
13:0.....g									
14:0.....g	0.403		0	RA	4				
15:0.....g									
16:0.....g	1.175		0	RA	4				
17:0.....g									
18:0.....g	0.603		0	RA	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.775		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	1.665		0	RA	4				
20:1.....g	0.010		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.747		0	NC	4				
18:2 undifferentiated.....g	0.659		0	RA	4				
18:3 undifferentiated.....g	0.067		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	RA	4				
20:5 n-3 (EPA).....g	0.000		0	RA	4				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4				
22:6 n-3 (DHA).....g	0.000		0	RA	4				
Fatty acids, total trans.....g	0.000		0		8				
Cholesterol.....mg	15		0		8				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0	RA	4				
Threonine.....g	0.022		0	RA	4				
Isoleucine.....g	0.031		0	RA	4				
Leucine.....g	0.058		0	RA	4				
Lysine.....g	0.016		0	RA	4				
Methionine.....g	0.015		0	RA	4				
Cystine.....g	0.019		0	RA	4				
Phenylalanine.....g	0.041		0	RA	4				
Tyrosine.....g	0.023		0	RA	4				
Valine.....g	0.035		0	RA	4				
Arginine.....g	0.029		0	RA	4				
Histidine.....g	0.018		0	RA	4				
Alanine.....g	0.026		0	RA	4				
Aspartic acid.....g	0.034		0	RA	4				
Glutamic acid.....g	0.295		0	RA	4				
Glycine.....g	0.029		0	RA	4				
Proline.....g	0.099		0	RA	4				
Serine.....g	0.041		0	RA	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg	0		0	RA	4				

NDB No. 01301
Ice cream sundae cone

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	2		0	RA		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Ice cream, bar or stick, chocolate covered

[illegible]

NDB No. 01237
Ice cream, bar or stick, chocolate covered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	13.202		0	NC	4		6.601		
4:0.....g	0.180		0	RA	4		0.090		
6:0.....g	0.151		0	RA	4		0.076		
8:0.....g	0.622		0	RA	4		0.311		
10:0.....g	0.588		0	RA	4		0.294		
12:0.....g	3.488		0	RA	4		1.744		
13:0.....g									
14:0.....g	1.827		0	RA	4		0.913		
15:0.....g									
16:0.....g	3.761		0	RA	4		1.881		
17:0.....g									
18:0.....g	2.501		0	RA	4		1.251		
20:0.....g	0.084		0	RA	4		0.042		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.387		0	NC	4		3.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.161		0	RA	4		0.080		
17:1.....g									
18:1 undifferentiated.....g	6.226		0	RA	4		3.113		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.257		0	NC	4		1.629		
18:2 undifferentiated.....g	2.974		0	RA	4		1.487		
18:3 undifferentiated.....g	0.283		0	RA	4		0.142		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	RA	4		14		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	3		0	RA	4		2		
Theobromine.....mg	32		0	RA	4		16		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Ice cream, light, soft serve, chocolate

[illegible]

NDB No. 01263
Ice cream, light, soft serve, chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.349		0	LC	8		7.000		
4:0.....g	0.098		0	FLC	4		0.291		
6:0.....g	0.055		0	FLC	4		0.164		
8:0.....g	0.033		0	FLC	4		0.098		
10:0.....g	0.074		0	FLC	4		0.219		
12:0.....g	0.081		0	FLC	4		0.243		
13:0.....g									
14:0.....g	0.297		0	FLC	4		0.885		
15:0.....g									
16:0.....g	1.013		0	FLC	4		3.017		
17:0.....g									
18:0.....g	0.625		0	FLC	4		1.861		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.033		0	FLC	4		3.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		0	FLC	4		0.184		
17:1.....g									
18:1 undifferentiated.....g	0.931		0	FLC	4		2.776		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0	FLC	4		0.372		
18:2 undifferentiated.....g	0.086		0	FLC	4		0.257		
18:3 undifferentiated.....g	0.039		0	FLC	4		0.115		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.168		0	LC	8		0.500		
Cholesterol.....mg	15		0	LC	8		45		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298g: 1 medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Ice cream, low fat, no sugar added, cone, added peanuts and chocolate sauce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.85		0	FLC	4				
Energy.....kcal	265		0	NC	4				
Energy.....kJ	1110		0	NC	4				
Protein (N x 6.25).....g	5.33		0		8				
Total lipid (fat).....g	9.33		0		8				
Ash.....g	1.48		0	FLC	4				
Carbohydrate, by difference.....g	40.01		0	NC	4				
Fiber, total dietary.....g	9.3		0		8				
Sugars, total.....g	10.67		0		8				
Starch.....g	0.58		0	FLC	4				
Minerals:									
Calcium, Ca.....mg	133		0		8				
Iron, Fe.....mg	0.48		0		8				
Magnesium, Mg.....mg	65		0	FLC	4				
Phosphorus, P.....mg	143		0	FLC	4				
Potassium, K.....mg	213		0		8				
Sodium, Na.....mg	113		0		8				
Zinc, Zn.....mg	1.06		0	FLC	4				
Copper, Cu.....mg	0.360		0	FLC	4				
Manganese, Mn.....mg	0.677		0	FLC	4				
Selenium, Se.....µg	3.9		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		8				
Thiamin.....mg	0.182		0	FLC	4				
Riboflavin.....mg	0.200		0	FLC	4				
Niacin.....mg	3.528		0	FLC	4				
Pantothenic acid.....mg	0.297		0	FLC	4				
Vitamin B-6.....mg	0.093		0	FLC	4				
Folate, total.....µg	17		0	NR	4				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	17		0	FLC	4				
Folate, DFE.....µg	17		0	NC	4				
Choline, total.....mg	14.5		0	FLC	4				
Betaine.....mg									
Vitamin B-12.....µg	0.07		0	FLC	4				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	26		0	NC	4				
Retinol.....µg	26		0	FLC	4				
Carotene, beta.....µg	1		0	FLC	4				
Carotene, alpha.....µg	0		0	FLC	4				
Cryptoxanthin, beta.....µg	0		0	FLC	4				
Vitamin A, IU.....IU	89		0	NC	4				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	6		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.70		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	FLC	4				
Vitamin D.....IU									

NDB No. 01306

Ice cream, lowfat, no sugar added, cone, added peanuts and chocolate sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	6.598		0	NC	4				
4:0.....g	0.090		0	FLC	4				
6:0.....g	0.051		0	FLC	4				
8:0.....g	0.030		0	FLC	4				
10:0.....g	0.068		0	FLC	4				
12:0.....g	0.075		0	FLC	4				
13:0.....g									
14:0.....g	0.286		0	FLC	4				
15:0.....g	0.002		0	FLC	4				
16:0.....g	3.315		0	FLC	4				
17:0.....g	0.018		0	FLC	4				
18:0.....g	1.612		0	FLC	4				
20:0.....g	0.244		0	FLC	4				
22:0.....g	0.516		0	FLC	4				
24:0.....g	0.292		0	FLC	4				
Fatty acids, total monounsaturated.....g	1.061		0	NC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.006		0	FLC	4				
17:1.....g	0.001		0	FLC	4				
18:1 undifferentiated.....g	1.031		0	FLC	4				
20:1.....g	0.020		0	FLC	4				
22:1 undifferentiated.....g	0.002		0	FLC	4				
24:1 c.....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated.....g	0.434		0	NC	4				
18:2 undifferentiated.....g	0.423		0	FLC	4				
18:3 undifferentiated.....g	0.010		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
20:4 undifferentiated.....g	0.001		0	FLC	4				
20:5 n-3 (EPA).....g	0.000		0	FLC	4				
21:5.....g									
22:4.....g	0.000		0	FLC	4				
22:5 n-3 (DPA).....g	0.000		0	FLC	4				
22:6 n-3 (DHA).....g	0.000		0	FLC	4				
Fatty acids, total trans.....g	0.000		0		8				
Cholesterol.....mg	7		0		8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	3		0	FLC	4				
Theobromine.....mg	118		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01236
Ice cream, soft serve, chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.460		0	RA	4		6.416		
4:0.....g	0.390		0	RA	4		0.335		
6:0.....g	0.230		0	RA	4		0.198		
8:0.....g	0.130		0	RA	4		0.112		
10:0.....g	0.300		0	RA	4		0.258		
12:0.....g	0.340		0	RA	4		0.292		
13:0.....g									
14:0.....g	1.240		0	RA	4		1.066		
15:0.....g									
16:0.....g	3.360		0	RA	4		2.890		
17:0.....g									
18:0.....g	1.470		0	RA	4		1.264		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.490		0	RA	4		3.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0	RA	4		0.232		
17:1.....g									
18:1 undifferentiated.....g	3.220		0	RA	4		2.769		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	RA	4		0.396		
18:2 undifferentiated.....g	0.280		0	RA	4		0.241		
18:3 undifferentiated.....g	0.180		0	RA	4		0.155		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0	RA	4		78		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0	RA	4		0.041		
Threonine.....g	0.169		0	RA	4		0.145		
Isoleucine.....g	0.215		0	RA	4		0.185		
Leucine.....g	0.353		0	RA	4		0.304		
Lysine.....g	0.296		0	RA	4		0.255		
Methionine.....g	0.091		0	RA	4		0.078		
Cystine.....g	0.036		0	RA	4		0.031		
Phenylalanine.....g	0.176		0	RA	4		0.151		
Tyrosine.....g	0.170		0	RA	4		0.146		
Valine.....g	0.241		0	RA	4		0.207		
Arginine.....g	0.172		0	RA	4		0.148		
Histidine.....g	0.099		0	RA	4		0.085		
Alanine.....g	0.164		0	RA	4		0.141		
Aspartic acid.....g	0.300		0	RA	4		0.258		
Glutamic acid.....g	0.745		0	RA	4		0.641		
Glycine.....g	0.163		0	RA	4		0.140		
Proline.....g	0.374		0	RA	4		0.322		
Serine.....g	0.216		0	RA	4		0.186		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	2		0	BFZN	4		2		

NDB No. 01236
Ice cream, soft serve, chocolate

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source Confidence				
			Points	Code	Code	Code			
Theobromine.....mg	69		0	BFZN	4		60		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 86g: .5 cup

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42117
Imitation cheese, american or cheddar, low cholesterol

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	38.00		0		4	42.94	6.84		
Energy.....kcal	390		0		4	441	70		
Energy.....kJ	1632		0		4	1844	294		
Protein.....g	25.00		0		4	28.25	4.50		
Total lipid (fat).....g	32.00		0		4	36.16	5.76		
Ash.....g	4.00		0	NR	4	4.52	0.72		
Carbohydrate, by difference.....g	1.00		0		4	1.13	0.18		
Fiber, total dietary.....g	0.0		0		7	0.0	0.0		
Sugars, total.....g	1.00		0	NR	4	1.13	0.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	705		0		4	797	127		
Iron, Fe.....mg	0.70		0		4	0.79	0.13		
Magnesium, Mg.....mg	30		0		4	34	5		
Phosphorus, P.....mg	530		0		4	599	95		
Potassium, K.....mg	55		0		4	62	10		
Sodium, Na.....mg	670		0		4	757	121		
Zinc, Zn.....mg	3.00		0		4	3.39	0.54		
Copper, Cu.....mg	0.030		0		4	0.034	0.005		
Manganese, Mn.....mg									
Selenium, Se.....µg	14.6		0	BFNN	4	16.5	2.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4	0.0	0.0		
Thiamin.....mg	0.030		0		4	0.034	0.005		
Riboflavin.....mg	0.360		0		4	0.407	0.065		
Niacin.....mg	0.080		0		4	0.090	0.014		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		0		4	0.079	0.013		
Folate, total.....µg	18		0		4	20	3		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	18		0		4	20	3		
Folate, DFE.....µg	18		0	NC	4	20	3		
Choline, total.....mg	0.1		0	BFFN	4	0.1	0.0		
Betaine.....mg									
Vitamin B-12.....µg	0.83		0		4	0.94	0.15		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	115		0	NC	4	130	21		
Retinol.....µg	113		0	NR	4	128	20		
Carotene, beta.....µg	28		0	NR	4	32	5		
Carotene, alpha.....µg	0		0	Z	7	0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0		
Vitamin A, IU.....IU	423		0	NC	4	478	76		
Lycopene.....µg	0		0	Z	7	0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	0.28		0	BFFN	4	0.31	0.05		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0		
Vitamin D.....IU	0		0	Z	7	0	0		
Vitamin K (phylloquinone).....µg	2.7		0	BFFN	4	3.0	0.5		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42117

Imitation cheese, american or cheddar, low cholesterol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	5.815		0		4		6.571	1.047	
4:0.....g	0.035		0		4		0.040	0.006	
6:0.....g	0.018		0		4		0.020	0.003	
8:0.....g	0.012		0		4		0.014	0.002	
10:0.....g	0.025		0		4		0.028	0.005	
12:0.....g	0.027		0		4		0.031	0.005	
13:0.....g									
14:0.....g	0.131		0		4		0.148	0.024	
15:0.....g									
16:0.....g	3.780		0		4		4.271	0.680	
17:0.....g									
18:0.....g	1.789		0		4		2.022	0.322	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.127		0		4		15.964	2.543	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		4		0.028	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.090		0		4		15.922	2.536	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.615		0		4		11.995	1.911	
18:2 undifferentiated.....g	10.439		0		4		11.796	1.879	
18:3 undifferentiated.....g	0.179		0		4		0.202	0.032	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0		4		17	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 32g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 31g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 35g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 33g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 21g: 1 slice

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28g: 1 oz

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28g: 1 oz

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Measure 1	Measure 2	Measure 3
			Points	Code	Source Confidence Code			
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	1.0		1	AS	1			
Vitamin D.....IU	41		0	NR	4			
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4			
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.658		0	NC	4			
4:0.....g	0.029	0.002	4	A	1			
6:0.....g	0.018	0.001	4	A	1			
8:0.....g	0.008	0.001	4	A	1			
10:0.....g	0.021	0.003	4	A	1			
12:0.....g	0.029	0.002	4	A	1			
13:0.....g								
14:0.....g	0.105	0.007	4	A	1			
15:0.....g	0.013	0.001	4	A	1			
16:0.....g	0.308	0.020	4	A	1			
17:0.....g	0.007	0.000	4	A	1			
18:0.....g	0.118	0.007	4	A	1			
20:0.....g	0.002	0.000	4	A	1			
22:0.....g	0.000	0.000	4	A	1			
24:0.....g	0.000	0.000	4	A	1			
Fatty acids, total monounsaturated.....g	0.310		0	NC	4			
14:1.....g	0.011	0.001	4	A	1			
15:1.....g	0.000	0.000	4	A	1			
16:1 undifferentiated.....g	0.020	0.002	4	AS	1			
16:1 c.....g	0.017	0.001	4	A	1			
16:1 t.....g	0.003	0.000	4	A	1			
17:1.....g	0.003	0.000	4	A	1			
18:1 undifferentiated.....g	0.273	0.017	4	AS	1			
18:1 c.....g	0.246	0.015	4	A	1			
18:1 t.....g	0.027	0.002	4	A	1			
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.004	0.001	4	A	1			
22:1 undifferentiated.....g	0.000	0.000	4	AS	1			
22:1 c.....g	0.000	0.000	4	A	1			
22:1 t.....g	0.000	0.000	4	A	1			
24:1 c.....g	0.000	0.000	4	A	1			
Fatty acids, total polyunsaturated.....g	0.053		0	NC	4			
18:2 undifferentiated.....g	0.042	0.002	4	AS	1			
18:2 n-6 c,c.....g	0.029	0.002	4	A	1			
18:2 CLAs.....g	0.006	0.001	4	A	1			
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.008	0.001	4	A	1			
18:3 undifferentiated.....g	0.006	0.000	4	AS	1			
18:3 n-3 c,c,c (ALA).....g	0.006	0.000	4	A	1			
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1			
18:3i.....g	0.000	0.000	4	A	1			
18:4.....g	0.000	0.000	4	A	1			
20:2 n-6 c,c.....g	0.000	0.000	4	A	1			
20:3 undifferentiated.....g	0.002	0.000	4	AS	1			
20:3 n-3.....g	0.000	0.000	4	A	1			
20:3 n-6.....g	0.002	0.000	4	A	1			
20:4 undifferentiated.....g	0.002	0.000	4	A	1			
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1			
21:5.....g								
22:4.....g	0.000	0.000	4	A	1			
22:5 n-3 (DPA).....g	0.001	0.000	4	A	1			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1			
Fatty acids, total trans.....g	0.037		0	NC	4			
Fatty acids, total trans-monoenoic.....g	0.030		0	NC	4			

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
	Points								
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4				
Cholesterol.....mg	5	0.029	3	A	1				
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01290
Kefir, lowfat, straw berry, LIFEWAY

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	84.82	0.138	4	A	1				
Energy.....kcal	62		0	NC	4				
Energy.....kJ	261		0	NC	4				
Protein.....g	3.39	0.025	4	A	1				
Total lipid (fat).....g	0.90	0.101	4	A	1				
Ash.....g	0.68	0.014	4	A	1				
Carbohydrate, by difference.....g	10.20		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	9.21		2	A	1				
Sucrose.....g	5.34		2	A	1				
Glucose (dextrose).....g	0.00		2	A	1				
Fructose.....g	0.00		2	A	1				
Lactose.....g	3.23		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.63		2	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119	0.816	4	A	1				
Iron, Fe.....mg	0.04	0.000	4	A	1				
Magnesium, Mg.....mg	11	0.111	4	A	1				
Phosphorus, P.....mg	96	0.394	4	A	1				
Potassium, K.....mg	154	1.472	4	A	1				
Sodium, Na.....mg	37	0.835	4	A	1				
Zinc, Zn.....mg	0.44	0.002	4	A	1				
Copper, Cu.....mg	0.009	0.000	4	A	1				
Manganese, Mn.....mg	0.005	0.000	4	A	1				
Selenium, Se.....µg	3.6		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		1	A	1				
Thiamin.....mg	0.030		2	A	1				
Riboflavin.....mg	0.210		2	A	1				
Niacin.....mg	0.105		2	A	1				
Pantothenic acid.....mg	0.380		2	A	1				
Vitamin B-6.....mg	0.060		2	A	1				
Folate, total.....µg	22		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	22		1	A	1				
Folate, DFE.....µg	22		0	NC	4				
Choline, total.....mg	15.2		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.31		2	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	178		0	AS	1				
Retinol.....µg	178		1	A	1				
Carotene, beta.....µg	3		1	A	1				
Carotene, alpha.....µg	0		1	A	1				
Cryptoxanthin, beta.....µg	0		1	A	1				
Vitamin A, IU.....IU	599		0	AS	1				
Lycopene.....µg	0		1	A	1				
Lutein + zeaxanthin.....µg	0		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFZN	4				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Measure 1	Measure 2	Measure 3
			Points	Code	Source Confidence Code			
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	1.1		1	AS	1			
Vitamin D.....IU	44		0	NR	4			
Vitamin K (phylloquinone).....µg	1.2		0	BFZN	4			
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.533		0	NC	4			
4:0.....g	0.024	0.001	4	A	1			
6:0.....g	0.013	0.001	4	A	1			
8:0.....g	0.006	0.001	4	A	1			
10:0.....g	0.018	0.005	4	A	1			
12:0.....g	0.023	0.002	4	A	1			
13:0.....g								
14:0.....g	0.084	0.006	4	A	1			
15:0.....g	0.010	0.001	4	A	1			
16:0.....g	0.253	0.020	4	A	1			
17:0.....g	0.005	0.001	4	A	1			
18:0.....g	0.095	0.008	4	A	1			
20:0.....g	0.002	0.000	4	A	1			
22:0.....g	0.000	0.000	4	A	1			
24:0.....g	0.000	0.000	4	A	1			
Fatty acids, total monounsaturated.....g	0.262		0	NC	4			
14:1.....g	0.009	0.001	4	A	1			
15:1.....g	0.000	0.000	4	A	1			
16:1 undifferentiated.....g	0.017	0.002	4	AS	1			
16:1 c.....g	0.014	0.001	4	A	1			
16:1 t.....g	0.003	0.000	4	A	1			
17:1.....g	0.002	0.000	4	A	1			
18:1 undifferentiated.....g	0.231	0.021	4	AS	1			
18:1 c.....g	0.209	0.019	4	A	1			
18:1 t.....g	0.022	0.002	4	A	1			
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.003	0.000	4	A	1			
22:1 undifferentiated.....g	0.000	0.000	4	AS	1			
22:1 c.....g	0.000	0.000	4	A	1			
22:1 t.....g	0.000	0.000	4	A	1			
24:1 c.....g	0.000	0.000	4	A	1			
Fatty acids, total polyunsaturated.....g	0.041		0	NC	4			
18:2 undifferentiated.....g	0.033	0.003	4	AS	1			
18:2 n-6 c,c.....g	0.022	0.002	4	A	1			
18:2 CLAs.....g	0.005	0.000	4	A	1			
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.006	0.001	4	A	1			
18:3 undifferentiated.....g	0.005	0.000	4	AS	1			
18:3 n-3 c,c,c (ALA).....g	0.005	0.000	4	A	1			
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1			
18:3i.....g	0.000	0.000	4	A	1			
18:4.....g	0.000	0.000	4	A	1			
20:2 n-6 c,c.....g	0.000	0.000	4	A	1			
20:3 undifferentiated.....g	0.001	0.000	4	AS	1			
20:3 n-3.....g	0.000	0.000	4	A	1			
20:3 n-6.....g	0.001	0.000	4	A	1			
20:4 undifferentiated.....g	0.002	0.000	4	A	1			
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1			
21:5.....g								
22:4.....g	0.000	0.000	4	A	1			
22:5 n-3 (DPA).....g	0.001	0.000	4	A	1			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1			
Fatty acids, total trans.....g	0.030		0	NC	4			
Fatty acids, total trans-monoenoic.....g	0.025		0	NC	4			

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4				
Cholesterol.....mg	5	0.059	3	A	1				
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01302
Light ice cream, Creamsicle

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.813		0	NC	4				
4:0.....g	0.099		0	RA	4				
6:0.....g	0.056		0	RA	4				
8:0.....g	0.044		0	RA	4				
10:0.....g	0.072		0	RA	4				
12:0.....g	0.075		0	RA	4				
13:0.....g	0.000		0	RA	4				
14:0.....g	0.296		0	RA	4				
15:0.....g	0.000		0	RA	4				
16:0.....g	0.823		0	RA	4				
17:0.....g	0.000		0	RA	4				
18:0.....g	0.349		0	RA	4				
20:0.....g	0.000		0	RA	4				
22:0.....g	0.000		0	RA	4				
24:0.....g	0.000		0	RA	4				
Fatty acids, total monounsaturated.....g	0.819		0	NC	4				
14:1.....g	0.000		0	RA	4				
15:1.....g									
16:1 undifferentiated.....g	0.050		0	RA	4				
17:1.....g									
18:1 undifferentiated.....g	0.768		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0	NC	4				
18:2 undifferentiated.....g	0.088		0	RA	4				
18:3 undifferentiated.....g	0.049		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3 (EPA).....g	0.000		0	RA	4				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4				
22:6 n-3 (DHA).....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		8				
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg	0		0	RA	4				
Theobromine.....mg	0		0	RA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk dessert bar, frozen, made from lowfat milk

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units			Number of Data Deriv		Source Confidence		Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Code	Code	Code			
<u>Proximates:</u>									
Water.....g	61.43		0	BFZN	4		41.77		
Energy.....kcal	147		2	LC	8		100		
Energy.....kJ	615		0	LC	8		418		
Protein.....g	4.41		2	LC	8		3.00		
Total lipid (fat).....g	1.47		2	LC	8		1.00		
Ash.....g	0.69		0	BFZN	4		0.47		
Carbohydrate, by difference.....g	33.09		2	LC	8		22.50		
Fiber, total dietary.....g	6.6		2	LC	8		4.5		
Sugars, total.....g	22.06		2	LC	8		15.00		
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	184		2	LC	8		125		
Iron, Fe.....mg	0.53		2	LC	8		0.36		
Magnesium, Mg.....mg	20		0	BFZN	4		13		
Phosphorus, P.....mg	83		0	BFZN	4		57		
Potassium, K.....mg	316		2	LC	8		215		
Sodium, Na.....mg	92		2	LC	8		63		
Zinc, Zn.....mg	0.43		0	BFZN	4		0.30		
Copper, Cu.....mg	0.103		0	BFZN	4		0.070		
Manganese, Mn.....mg									
Selenium, Se.....µg	2.2		0	BFZN	4		1.5		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid.....mg	0.9		2	LC	8		0.6		
Thiamin.....mg	0.023		0	BFZN	4		0.015		
Riboflavin.....mg	0.129		0	BFZN	4		0.088		
Niacin.....mg	0.126		0	BFZN	4		0.086		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.023		0	BFZN	4		0.016		
Folate, total.....µg	4		0	BFZN	4		2		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	4		0	BFZN	4		2		
Folate, DFE.....µg	4		0	NC	4		2		
Choline, total.....mg	19.6		0	BFZN	4		13.3		
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	BFZN	4		0.10		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	71		0	NC	4		48		
Retinol.....µg	60		0	BFZN	4		41		
Carotene, beta.....µg	135		0	BFZN	4		92		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	424		0	NC	4		288		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	1		0	BFZN	4		1		
Vitamin E (alpha-tocopherol).....mg	0.20		0	BFZN	4		0.13		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	BFZN	4		0.1		
Vitamin									

NDB No. 01244

Milk dessert bar, frozen, made from lowfat milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.810		0	NC	4		0.551		
4:0.....g	0.008		0	BFZN	4		0.005		
6:0.....g	0.001		0	BFZN	4		0.001		
8:0.....g	0.002		0	BFZN	4		0.001		
10:0.....g	0.004		0	BFZN	4		0.003		
12:0.....g	0.002		0	BFZN	4		0.002		
13:0.....g									
14:0.....g	0.017		0	BFZN	4		0.011		
15:0.....g									
16:0.....g	0.378		0	BFZN	4		0.257		
17:0.....g									
18:0.....g	0.399		0	BFZN	4		0.271		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.462		0	NC	4		0.314		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFZN	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.455		0	BFZN	4		0.310		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	NC	4		0.035		
18:2 undifferentiated.....g	0.050		0	BFZN	4		0.034		
18:3 undifferentiated.....g	0.002		0	BFZN	4		0.001		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	7		2	LC	8		5		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	2		0	BFZN	4		1		
Theobromine.....mg	69		0	BFZN	4		47		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 bar

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.681		0		1		0.477	5.043	
4:0.....g	0.088		0		1		0.025	0.264	
6:0.....g	0.052		0		1		0.015	0.156	
8:0.....g	0.030		0		1		0.009	0.090	
10:0.....g	0.068		0		1		0.019	0.204	
12:0.....g	0.076		0		1		0.022	0.228	
13:0.....g									
14:0.....g	0.272		0		1		0.077	0.816	
15:0.....g									
16:0.....g	0.710		0		1		0.202	2.130	
17:0.....g									
18:0.....g	0.327		0		1		0.093	0.981	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.780		0		1		0.222	2.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.017	0.180	
17:1.....g									
18:1 undifferentiated.....g	0.679		0		1		0.193	2.037	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.028	0.300	
18:2 undifferentiated.....g	0.061		0		1		0.017	0.183	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.117	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		3	32	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0		1		0.012	0.129	
Threonine.....g	0.138		0		1		0.039	0.414	
Isoleucine.....g	0.185		0		1		0.053	0.555	
Leucine.....g	0.299		0		1		0.085	0.897	
Lysine.....g	0.242		0		1		0.069	0.726	
Methionine.....g	0.076		0		1		0.022	0.228	
Cystine.....g	0.028		0		1		0.008	0.084	
Phenylalanine.....g	0.147		0		1		0.042	0.441	
Tyrosine.....g	0.147		0		1		0.042	0.441	
Valine.....g	0.204		0		1		0.058	0.612	
Arginine.....g	0.110		0		1		0.031	0.330	
Histidine.....g	0.083		0		1		0.024	0.249	
Alanine.....g	0.105		0		1		0.030	0.315	
Aspartic acid.....g	0.231		0		1		0.066	0.693	
Glutamic acid.....g	0.639		0		1		0.181	1.917	
Glycine.....g	0.065		0		1		0.018	0.195	
Proline.....g	0.295		0		1		0.084	0.885	
Serine.....g	0.166		0		1		0.047	0.498	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		1	6	

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	23		0	BFZN	4	7	69		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.4g: 1 fl oz
Measure 2 = 300g: 1 container (10.6 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87
Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.886		0		1		0.536	5.903	
4:0.....g	0.098		0		1		0.028	0.307	
6:0.....g	0.058		0		1		0.016	0.182	
8:0.....g	0.034		0		1		0.010	0.106	
10:0.....g	0.076		0		1		0.022	0.238	
12:0.....g	0.085		0		1		0.024	0.266	
13:0.....g									
14:0.....g	0.305		0		1		0.087	0.955	
15:0.....g									
16:0.....g	0.797		0		1		0.226	2.495	
17:0.....g									
18:0.....g	0.367		0		1		0.104	1.149	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.875		0		1		0.249	2.739	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		0		1		0.019	0.213	
17:1.....g									
18:1 undifferentiated.....g	0.762		0		1		0.216	2.385	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0		1		0.032	0.354	
18:2 undifferentiated.....g	0.068		0		1		0.019	0.213	
18:3 undifferentiated.....g	0.044		0		1		0.012	0.138	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		3	37	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.054		0		1		0.015	0.169	
Threonine.....g	0.174		0		1		0.049	0.545	
Isoleucine.....g	0.234		0		1		0.066	0.732	
Leucine.....g	0.378		0		1		0.107	1.183	
Lysine.....g	0.306		0		1		0.087	0.958	
Methionine.....g	0.097		0		1		0.028	0.304	
Cystine.....g	0.036		0		1		0.010	0.113	
Phenylalanine.....g	0.186		0		1		0.053	0.582	
Tyrosine.....g	0.186		0		1		0.053	0.582	
Valine.....g	0.258		0		1		0.073	0.808	
Arginine.....g	0.140		0		1		0.040	0.438	
Histidine.....g	0.105		0		1		0.030	0.329	
Alanine.....g	0.133		0		1		0.038	0.416	
Aspartic acid.....g	0.293		0		1		0.083	0.917	
Glutamic acid.....g	0.808		0		1		0.229	2.529	
Glycine.....g	0.082		0		1		0.023	0.257	
Proline.....g	0.374		0		1		0.106	1.171	
Serine.....g	0.210		0		1		0.060	0.657	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.4g: 1 fl oz
Measure 2 = 313g: 1 container (11 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.18		0		1		215.16	860.64	
Energy.....kcal	61		0	NC	4		150	600	
Energy.....kJ	257				4		627	2510	
Protein (N x 6.29).....g	1.75		0		1		4.27	17.08	
Total lipid (fat).....g	3.41		0		1		8.32	33.28	
Ash.....g	0.50		0		1		1.22	4.88	
Carbohydrate, by difference.....g	6.16		0	NC	4		15.03	60.12	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33		0		1		79	317	
Iron, Fe.....mg	0.39		0		1		0.95	3.81	
Magnesium, Mg.....mg	6		0		1		16	62	
Phosphorus, P.....mg	74		0		1		181	724	
Potassium, K.....mg	114		0		1		279	1116	
Sodium, Na.....mg	78		0		1		191	764	
Zinc, Zn.....mg	1.18		0		1		2.88	11.52	
Copper, Cu.....mg	0.051		0		1		0.124	0.498	
Manganese, Mn.....mg	0.097		0		1		0.237	0.947	
Selenium, Se.....µg	1.9		0	BFNN	4		4.6	18.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.012		0		1		0.029	0.117	
Riboflavin.....mg	0.088		0		1		0.215	0.859	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01076

Milk substitutes, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total saturated.....g	3.037		0		1		7.410	29.641	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.192		2		1		0.468	1.874	
10:0.....g	0.176		2		1		0.429	1.718	
12:0.....g	1.421		2		1		3.467	13.869	
13:0.....g									
14:0.....g	0.592		2		1		1.444	5.778	
15:0.....g									
16:0.....g	0.326		2		1		0.795	3.182	
17:0.....g									
18:0.....g	0.312		2		1		0.761	3.045	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.176		0		1		0.429	1.718	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.176		2		1		0.429	1.718	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008		0		1		0.020	0.078	
18:2 undifferentiated.....g	0.008		2		1		0.020	0.078	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	2	
Phytosterols.....mg	3		0		4		7	29	
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.059	0.234	
Threonine.....g	0.074		0		1		0.181	0.722	
Isoleucine.....g	0.107		0		1		0.261	1.044	
Leucine.....g	0.173		0		1		0.422	1.688	
Lysine.....g	0.141		0		1		0.344	1.376	
Methionine.....g	0.053		0		1		0.129	0.517	
Cystine.....g	0.008		0		1		0.020	0.078	
Phenylalanine.....g	0.094		0		1		0.229	0.917	
Tyrosine.....g	0.100		0		1		0.244	0.976	
Valine.....g	0.125		0		1		0.305	1.220	
Arginine.....g	0.069		0		1		0.168	0.673	
Histidine.....g	0.052		0		1		0.127	0.508	
Alanine.....g	0.055		0		1		0.134	0.537	
Aspartic acid.....g	0.124		0		1		0.303	1.210	
Glutamic acid.....g	0.398		0		1		0.971	3.884	
Glycine.....g	0.035		0		1		0.085	0.342	
Proline.....g	0.197		0		1		0.481	1.923	
Serine.....g	0.108		0		1		0.264	1.054	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01076

Milk substitutes, fluid, with lauric acid oil

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code Confidence Code			
Proximates:								
Water.....g	2.97	0.038	170		1	0.89	3.56	0.19
Energy.....kcal	387		0	NC	4	116	464	25
Energy.....kJ	1619		0	NC	4	486	1943	105
Protein (N x 6.38).....g	34.30	0.333	3		1	10.29	41.16	2.23
Total lipid (fat).....g	5.78	0.077	163		1	1.73	6.94	0.38
Ash.....g	7.95		2		1	2.39	9.54	0.52
Carbohydrate, by difference.....g	49.00		0	NC	4	14.70	58.80	3.19
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0
Sugars, total.....g	49.00		0	NR	4	14.70	58.80	3.19
Starch.....g								
Minerals:								
Calcium, Ca.....mg	1184		0		1	355	1421	77
Iron, Fe.....mg	0.30		0		1	0.09	0.36	0.02
Magnesium, Mg.....mg	110		0		1	33	131	7
Phosphorus, P.....mg	933		0		1	280	1119	61
Potassium, K.....mg	1592	5.486	340		1	478	1910	103
Sodium, Na.....mg	517		0		1	155	621	34
Zinc, Zn.....mg	4.02		0		1	1.21	4.82	0.26
Copper, Cu.....mg	0.111		0		1	0.033	0.133	0.007
Manganese, Mn.....mg	0.023		0		1	0.007	0.028	0.001
Selenium, Se.....µg	20.3		0	BFNN	4	6.1	24.4	1.3
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.7		0		1	1.7	6.8	0.4
Thiamin.....mg	0.392		0		1	0.118	0.470	0.025
Riboflavin.....mg	1.579		0		1	0.474	1.895	0.103
Niacin.....mg	0.876		0		1	0.263	1.051	0.057
Pantothenic acid.....mg	3.170	0.128	3		1	0.951	3.804	0.206
Vitamin B-6.....mg	0.338		0		1	0.101	0.406	0.022
Folate, total.....µg	47		0		1	14	57	3
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	47		0		1	14	57	3
Folate, DFE.....µg	47		0	NC	4	14	57	3
Choline, total.....mg	118.7		0	BFSN	4	35.6	142.5	7.7
Betaine.....mg								
Vitamin B-12.....µg	3.82		0		1	1.15	4.59	0.25
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	49		0	NC	4	15	59	3
Retinol.....µg	48		0	T	4	14	58	3
Carotene, beta.....µg	9		0	BFFN	4	3	11	1
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	175		0	NC	4	53	210	11
Lycopene.....µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFFN	4	0.03	0.12	0.01
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.5		0	AS	1	0.1	0.6	0.0
Vitamin D.....IU	20		0	BFSN	4	6	24	1
Vitamin K (phylloquinone).....µg	0.4		0	BFFN	4	0.1	0.5	0.0
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01094
Milk, buttermilk, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.598		0		1		1.079	4.318	0.234
4:0.....g	0.187		0		1		0.056	0.224	0.012
6:0.....g	0.111		0		1		0.033	0.133	0.007
8:0.....g	0.065		0		1		0.020	0.078	0.004
10:0.....g	0.145		0		1		0.044	0.174	0.009
12:0.....g	0.162		0		1		0.049	0.194	0.011
13:0.....g									
14:0.....g	0.581		0		1		0.174	0.697	0.038
15:0.....g									
16:0.....g	1.520		0		1		0.456	1.824	0.099
17:0.....g									
18:0.....g	0.700		0		1		0.210	0.840	0.046
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.669		0		1		0.501	2.003	0.108
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129		0		1		0.039	0.155	0.008
17:1.....g									
18:1 undifferentiated.....g	1.454		0		1		0.436	1.745	0.095
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.215		0		1		0.065	0.258	0.014
18:2 undifferentiated.....g	0.131		0		1		0.039	0.157	0.009
18:3 undifferentiated.....g	0.084		0		1		0.025	0.101	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		21	83	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.484		0		1		0.145	0.581	0.031
Threonine.....g	1.548		0		1		0.464	1.858	0.101
Isoleucine.....g	2.075		0		1		0.623	2.490	0.135
Leucine.....g	3.360		0		1		1.008	4.032	0.218
Lysine.....g	2.720		0		1		0.816	3.264	0.177
Methionine.....g	0.860		0		1		0.258	1.032	0.056
Cystine.....g	0.317		0		1		0.095	0.380	0.021
Phenylalanine.....g	1.656		0		1		0.497	1.987	0.108
Tyrosine.....g	1.656		0		1		0.497	1.987	0.108
Valine.....g	2.296		0		1		0.689	2.755	0.149
Arginine.....g	1.242		0		1		0.373	1.490	0.081
Histidine.....g	0.930		0		1		0.279	1.116	0.060
Alanine.....g	1.183		0		1		0.355	1.420	0.077
Aspartic acid.....g	2.602		0		1		0.781	3.122	0.169
Glutamic acid.....g	7.183		0		1		2.155	8.620	0.467
Glycine.....g	0.726		0		1		0.218	0.871	0.047
Proline.....g	3.322		0		1		0.997	3.986	0.216
Serine.....g	1.866		0		1		0.560	2.239	0.121
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01094
Milk, buttermilk, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 30g: .25 cup
Measure 2 = 120g: 1 cup
Measure 3 = 6.5g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01088
Milk, buttermilk, fluid, cultured, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common				
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	measures of food		
			Points	of Data				Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	90.13	0.093	62			1		220.82	27.58	883.27
Energy.....kcal	40		0	NC		4		99	12	396
Energy.....kJ	169		0	NC		4		414	52	1656
Protein (N x 6.38).....g	3.31	0.024	65			1		8.11	1.01	32.44
Total lipid (fat).....g	0.88	0.174	19			1		2.16	0.27	8.62
Ash.....g	0.89	0.045	8			1		2.18	0.27	8.72
Carbohydrate, by difference.....g	4.79		0	NC		4		11.74	1.47	46.94
Fiber, total dietary.....g	0.0		0			4		0.0	0.0	0.0
Sugars, total.....g	4.79		0	NR		4		11.74	1.47	46.94
Starch.....g										
Minerals:										
Calcium, Ca.....mg	116	2.751	12			1		285	36	1141
Iron, Fe.....mg	0.05	0.011	6			1		0.12	0.02	0.49
Magnesium, Mg.....mg	11	0.717	9			1		27	3	107
Phosphorus, P.....mg	89	4.732	12			1		219	27	874
Potassium, K.....mg	151	6.264	14			1		371	46	1483
Sodium, Na.....mg	190		0	O		4		466	58	1862
Zinc, Zn.....mg	0.42	0.061	5			1		1.03	0.13	4.12
Copper, Cu.....mg	0.011		0			1		0.027	0.003	0.108
Manganese, Mn.....mg	0.002		0			1		0.005	0.001	0.020
Selenium, Se.....µg	2.0	0.563	12	A		1		4.9	0.6	19.6
Vitamins:										
Vitamin C, total ascorbic acid.....mg	1.0		0			1		2.4	0.3	9.6
Thiamin.....mg	0.034		0			1		0.083	0.010	0.333
Riboflavin.....mg	0.154	0.005	7			1		0.377	0.047	1.509
Niacin.....mg	0.058	0.015	6			1		0.142	0.018	0.568
Pantothenic acid.....mg	0.275	0.016	3			1		0.674	0.084	2.695
Vitamin B-6.....mg	0.034	0.001	7			1		0.083	0.010	0.333
Folate, total.....µg	5		0			4		12	2	49
Folic acid.....µg	0		0	Z		7		0	0	0
Folate, food.....µg	5		0			4		12	2	49
Folate, DFE.....µg	5		0	NC		4		12	2	49
Choline, total.....mg	17.7		0	BFZN		4		43.3	5.4	173.0
Betaine.....mg										
Vitamin B-12.....µg	0.22		2			1		0.54	0.07	2.15
Vitamin B-12, added.....µg	0.00		0	Z		7		0.00	0.00	0.00
Vitamin A, RAE.....µg	14		0	NC		4		33	4	133
Retinol.....µg	13		0	BFZN		4		33	4	131
Carotene, beta.....µg	1		0	BFFN		4		3	0	14
Carotene, alpha.....µg	0		0	Z		7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z		7		0	0	0
Vitamin A, IU.....IU	47		0	NC		4		115	14	461
Lycopene.....µg	0		0	Z		7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z		7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.05		1	A		1		0.12	0.02	0.49
Vitamin E, added.....mg	0.00		0	Z		7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		1	A		1		0.05	0.01	0.20
Tocopherol, gamma.....mg	0.03		1	A		1		0.07	0.01	0.29
Tocopherol, delta.....mg	0.02		1	A		1		0.05	0.01	0.20
Tocotrienol, alpha.....mg	0.00		1	A		1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A		1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A		1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A		1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	AS		1		0.0	0.0	0.2
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg	0.0		0	BFZN		4		0.0	0.0	0.2
Vitamin D.....IU	1		0	BFZN		4		2	0	7
Vitamin K (phylloquinone).....µg	0.1		0	BFFN		4		0.1	0.0	0.6

Milk, buttermilk, fluid, cultured, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.548		0		1		1.343	0.168	5.370
4:0.....g	0.029		0		1		0.071	0.009	0.284
6:0.....g	0.017		0		1		0.042	0.005	0.167
8:0.....g	0.010		0		1		0.025	0.003	0.098
10:0.....g	0.022		0		1		0.054	0.007	0.216
12:0.....g	0.025		0		1		0.061	0.008	0.245
13:0.....g									
14:0.....g	0.089		0		1		0.218	0.027	0.872
15:0.....g									
16:0.....g	0.231		0		1		0.566	0.071	2.264
17:0.....g									
18:0.....g	0.107		0		1		0.262	0.033	1.049
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.254		0		1		0.622	0.078	2.489
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.049	0.006	0.196
17:1.....g									
18:1 undifferentiated.....g	0.221		0		1		0.541	0.068	2.166
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.081	0.010	0.323
18:2 undifferentiated.....g	0.020		0		1		0.049	0.006	0.196
18:3 undifferentiated.....g	0.013		0		1		0.032	0.004	0.127
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4	0.935	4		1		9	1	34
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0	NR	4		0.104	0.013	0.415
Threonine.....g	0.141		0	NR	4		0.345	0.043	1.382
Isoleucine.....g	0.171		0	NR	4		0.420	0.052	1.678
Leucine.....g	0.313		0	NR	4		0.768	0.096	3.070
Lysine.....g	0.277		0	NR	4		0.678	0.085	2.713
Methionine.....g	0.087		0	NR	4		0.212	0.027	0.849
Cystine.....g	0.020		0	NR	4		0.049	0.006	0.197
Phenylalanine.....g	0.171		0	NR	4		0.420	0.052	1.679
Tyrosine.....g	0.167		0	NR	4		0.410	0.051	1.639
Valine.....g	0.217		0	NR	4		0.531	0.066	2.123
Arginine.....g	0.095		0	NR	4		0.232	0.029	0.926
Histidine.....g	0.100		0	NR	4		0.244	0.031	0.977
Alanine.....g	0.112		0	NR	4		0.274	0.034	1.096
Aspartic acid.....g	0.283		0	NR	4		0.694	0.087	2.775

NDB No. 01088
Milk, buttermilk, fluid, cultured, low fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code	Code		
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup
Measure 2 = 30.6g: 1 fl oz
Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate**3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, buttermilk, fluid, cultured, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3	
	Mean	Std. Error	Points	Code	Code				Code
Proximates:									
Water.....g	87.70		0		4		214.87	26.84	
Energy.....kcal	56		0	NC	4		136	17	
Energy.....kJ	233		0	NC	4		571	71	
Protein.....g	4.10		0		8		10.05	1.25	
Total lipid (fat).....g	2.00		0		8		4.90	0.61	
Ash.....g	0.90		0	NR	4		2.21	0.28	
Carbohydrate, by difference.....g	5.30		0		8		12.99	1.62	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	5.30		0	NR	4		12.99	1.62	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		0		8		350	44	
Iron, Fe.....mg	0.06		0		4		0.15	0.02	
Magnesium, Mg.....mg	13		0		8		32	4	
Phosphorus, P.....mg	82		0		8		201	25	
Potassium, K.....mg	180		0		4		441	55	
Sodium, Na.....mg	105		0	BFZN	4		257	32	
Zinc, Zn.....mg	0.24		0		8		0.59	0.07	
Copper, Cu.....mg	0.008		0		4		0.020	0.002	
Manganese, Mn.....mg									
Selenium, Se.....µg	2.3		0	BFNN	4		5.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0		8		3.7	0.5	
Thiamin.....mg	0.050		0		8		0.123	0.015	
Riboflavin.....mg	0.210		0		8		0.515	0.064	
Niacin.....mg	0.100		0		4		0.245	0.031	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		0		8		0.074	0.009	
Folate, total.....µg	6		0		4		15	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		4		15	2	
Folate, DFE.....µg	6		0	NC	4		15	2	
Choline, total.....mg	16.0		0	T	4		39.2	4.9	
Betaine.....mg									
Vitamin B-12.....µg	0.37		0		8		0.91	0.11	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	16		0	NC	4		40	5	
Retinol.....µg	16		0	BFFN	4		39	5	
Carotene, beta.....µg	3		0	BFFN	4		8	1	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	58		0	NC	4		143	18	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.11		0	BFFN	4		0.28	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.1	0.0	
Vitamin D.....IU	1		0	BFFN	4		4	0	
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4		0.3	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42189

Milk, buttermilk, fluid, cultured, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.242		0		4		3.043	0.380	
4:0.....g	0.061		0		4		0.149	0.019	
6:0.....g	0.040		0		4		0.098	0.012	
8:0.....g	0.020		0		4		0.049	0.006	
10:0.....g	0.051		0		4		0.125	0.016	
12:0.....g	0.061		0		4		0.149	0.019	
13:0.....g									
14:0.....g	0.202		0		4		0.495	0.062	
15:0.....g									
16:0.....g	0.525		0		4		1.286	0.161	
17:0.....g									
18:0.....g	0.242		0		4		0.593	0.074	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.576		0		4		1.411	0.176	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		4		0.098	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.505		0		4		1.237	0.155	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		4		0.174	0.022	
18:2 undifferentiated.....g	0.040		0		4		0.098	0.012	
18:3 undifferentiated.....g	0.030		0		4		0.074	0.009	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		4		20	2	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.052		0	NR	4		0.128	0.016	
Threonine.....g	0.175		0	NR	4		0.428	0.053	
Isoleucine.....g	0.212		0	NR	4		0.520	0.065	
Leucine.....g	0.388		0	NR	4		0.951	0.119	
Lysine.....g	0.343		0	NR	4		0.840	0.105	
Methionine.....g	0.107		0	NR	4		0.263	0.033	
Cystine.....g	0.025		0	NR	4		0.061	0.008	
Phenylalanine.....g	0.212		0	NR	4		0.520	0.065	
Tyrosine.....g	0.207		0	NR	4		0.507	0.063	
Valine.....g	0.268		0	NR	4		0.658	0.082	
Arginine.....g	0.117		0	NR	4		0.287	0.036	
Histidine.....g	0.124		0	NR	4		0.303	0.038	
Alanine.....g	0.139		0	NR	4		0.339	0.042	
Aspartic acid.....g	0.351		0	NR	4		0.859	0.107	
Glutamic acid.....g	0.921		0	NR	4		2.256	0.282	
Glycine.....g	0.081		0	NR	4		0.199	0.025	
Proline.....g	0.404		0	NR	4		0.991	0.124	
Serine.....g	0.247		0	NR	4		0.605	0.076	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 42189
Milk, buttermilk, fluid, cultured, reduced fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup
Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01230
Milk, buttermilk, fluid, whole

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.899		0	RA	4		4.652		
4:0.....g	0.076		0	RA	4		0.186		
6:0.....g	0.076		0	RA	4		0.186		
8:0.....g	0.076		0	RA	4		0.186		
10:0.....g	0.076		0	RA	4		0.186		
12:0.....g	0.078		0	RA	4		0.191		
13:0.....g	0.000		0	RA	4		0.000		
14:0.....g	0.302		0	RA	4		0.740		
15:0.....g	0.000		0	RA	4		0.000		
16:0.....g	0.844		0	RA	4		2.067		
17:0.....g	0.000		0	RA	4		0.000		
18:0.....g	0.371		0	RA	4		0.910		
20:0.....g	0.000		0	RA	4		0.000		
22:0.....g	0.000		0	RA	4		0.000		
24:0.....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated.....g	0.827		0	RA	4		2.026		
14:1.....g	0.000		0	RA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.827		0	RA	4		2.026		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0	RA	4		0.485		
18:2 undifferentiated.....g	0.122		0	RA	4		0.299		
18:3 undifferentiated.....g	0.076		0	RA	4		0.186		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RA	4		26		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0	RA	4		0.101		
Threonine.....g	0.137		0	RA	4		0.335		
Isoleucine.....g	0.166		0	RA	4		0.407		
Leucine.....g	0.304		0	RA	4		0.745		
Lysine.....g	0.269		0	RA	4		0.658		
Methionine.....g	0.084		0	RA	4		0.206		
Cystine.....g	0.020		0	RA	4		0.048		
Phenylalanine.....g	0.166		0	RA	4		0.407		
Tyrosine.....g	0.162		0	RA	4		0.397		
Valine.....g	0.210		0	RA	4		0.515		
Arginine.....g	0.092		0	RA	4		0.225		
Histidine.....g	0.097		0	RA	4		0.237		
Alanine.....g	0.108		0	RA	4		0.266		
Aspartic acid.....g	0.275		0	RA	4		0.673		
Glutamic acid.....g	0.721		0	RA	4		1.767		
Glycine.....g	0.064		0	RA	4		0.156		
Proline.....g	0.317		0	RA	4		0.776		
Serine.....g	0.193		0	RA	4		0.474		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		

NDB No. 01230
Milk, buttermilk, fluid, whole

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01095
Milk, canned, condensed, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	5.486		0		1		2.096	16.787	
4:0.....g	0.282		1		1		0.108	0.863	
6:0.....g	0.167		1		1		0.064	0.511	
8:0.....g	0.097		1		1		0.037	0.297	
10:0.....g	0.073		2		1		0.028	0.223	
12:0.....g	0.180		2		1		0.069	0.551	
13:0.....g									
14:0.....g	0.783		2		1		0.299	2.396	
15:0.....g									
16:0.....g	2.396		2		1		0.915	7.332	
17:0.....g									
18:0.....g	1.209		2		1		0.462	3.700	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.427		0		1		0.927	7.427	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		2		1		0.052	0.419	
17:1.....g									
18:1 undifferentiated.....g	2.188		2		1		0.836	6.695	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0		1		0.129	1.031	
18:2 undifferentiated.....g	0.216		2		1		0.083	0.661	
18:3 undifferentiated.....g	0.121		1		1		0.046	0.370	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	34		0		1		13	104	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.112		0		1		0.043	0.343	
Threonine.....g	0.357		0		1		0.136	1.092	
Isoleucine.....g	0.479		0		1		0.183	1.466	
Leucine.....g	0.775		0		1		0.296	2.372	
Lysine.....g	0.627		0		1		0.240	1.919	
Methionine.....g	0.198		0		1		0.076	0.606	
Cystine.....g	0.073		0		1		0.028	0.223	
Phenylalanine.....g	0.382		0		1		0.146	1.169	
Tyrosine.....g	0.382		0		1		0.146	1.169	
Valine.....g	0.529		0		1		0.202	1.619	
Arginine.....g	0.286		0		1		0.109	0.875	
Histidine.....g	0.214		0		1		0.082	0.655	
Alanine.....g	0.273		0		1		0.104	0.835	
Aspartic acid.....g	0.600		0		1		0.229	1.836	
Glutamic acid.....g	1.656		0		1		0.633	5.067	
Glycine.....g	0.167		0		1		0.064	0.511	
Proline.....g	0.766		0		1		0.293	2.344	
Serine.....g	0.430		0		1		0.164	1.316	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01095
Milk, canned, condensed, sweetened

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 38.2g: 1 fl oz
Measure 2 = 306g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Number			Source Code	measures of food			
	Mean	Std. Error	Points		Measure 1	Measure 2	Measure 3	
			of Data	Deriv Code	Confidence Code			
Proximates:								
Water.....g	79.40		2		1	25.33	203.26	101.63
Energy.....kcal	78		0	NC	4	25	199	100
Energy.....kJ	326		0	NC	4	104	835	417
Protein (N x 6.38).....g	7.55	0.096	10		1	2.41	19.33	9.66
Total lipid (fat).....g	0.20	0.018	10		1	0.06	0.51	0.26
Ash.....g	1.50		1		1	0.48	3.84	1.92
Carbohydrate, by difference.....g	11.35		0	NC	4	3.62	29.06	14.53
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0
Sugars, total.....g	11.35		0	NR	4	3.62	29.06	14.53
Starch.....g								
Minerals:								
Calcium, Ca.....mg	290	14.084	10		1	92	741	371
Iron, Fe.....mg	0.29	0.057	9		1	0.09	0.74	0.37
Magnesium, Mg.....mg	27		1		1	9	69	35
Phosphorus, P.....mg	195	9.946	9		1	62	499	249
Potassium, K.....mg	332		2		1	106	849	424
Sodium, Na.....mg	115		2		1	37	294	147
Zinc, Zn.....mg	0.90		0		1	0.29	2.30	1.15
Copper, Cu.....mg	0.016		0		1	0.005	0.041	0.020
Manganese, Mn.....mg	0.006		0		1	0.002	0.015	0.008
Selenium, Se.....µg	2.5		0	BFFN	4	0.8	6.4	3.2
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.2	0.127	9		1	0.4	3.2	1.6
Thiamin.....mg	0.045	0.004	10		1	0.014	0.115	0.058
Riboflavin.....mg	0.309	0.015	10		1	0.099	0.791	0.396
Niacin.....mg	0.174	0.008	10		1	0.056	0.445	0.223
Pantothenic acid.....mg	0.738		2		1	0.235	1.889	0.945
Vitamin B-6.....mg	0.055		1		1	0.018	0.141	0.070
Folate, total.....µg	9		1		1	3	22	11
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	9		1		1	3	22	11
Folate, DFE.....µg	9		0	NC	4	3	22	11
Choline, total.....mg	25.2		0	BFSN	4	8.0	64.5	32.3
Betaine.....mg								
Vitamin B-12.....µg	0.24		1		1	0.08	0.61	0.31
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	118		0	NC	4	38	302	151
Retinol.....µg	118		0	T	4	38	302	151
Carotene, beta.....µg	0		0	BFFN	4	0	1	0
Carotene, alpha.....µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	394		0	NC	4	126	1008	504
Lycopene.....µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFFN	4	0.00	0.01	0.00
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	2.0		0	AS	1	0.6	5.1	2.5
Vitamin D.....IU	79		0	S	4	25	202	101
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4	0.0	0.0	0.0
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01097

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.121		0		1		0.039	0.310	0.155
4:0.....g	0.005		1		1		0.002	0.013	0.006
6:0.....g	0.004		1		1		0.001	0.010	0.005
8:0.....g	0.001		2		1		0.000	0.003	0.001
10:0.....g	0.003	0.001	11		1		0.001	0.008	0.004
12:0.....g	0.004	0.001	12		1		0.001	0.010	0.005
13:0.....g									
14:0.....g	0.019	0.002	12		1		0.006	0.049	0.024
15:0.....g									
16:0.....g	0.054	0.005	12		1		0.017	0.138	0.069
17:0.....g									
18:0.....g	0.024	0.002	12		1		0.008	0.061	0.031
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.062		0		1		0.020	0.159	0.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004	0.001	12		1		0.001	0.010	0.005
17:1.....g									
18:1 undifferentiated.....g	0.056	0.005	12		1		0.018	0.143	0.072
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.002	0.015	0.008
18:2 undifferentiated.....g	0.004	0.001	12		1		0.001	0.010	0.005
18:3 undifferentiated.....g	0.002		2		1		0.001	0.005	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		1	9	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.034	0.274	0.137
Threonine.....g	0.341		0		1		0.109	0.873	0.436
Isoleucine.....g	0.457		0		1		0.146	1.170	0.585
Leucine.....g	0.740		0		1		0.236	1.894	0.947
Lysine.....g	0.599		0		1		0.191	1.533	0.767
Methionine.....g	0.189		0		1		0.060	0.484	0.242
Cystine.....g	0.070		0		1		0.022	0.179	0.090
Phenylalanine.....g	0.364		0		1		0.116	0.932	0.466
Tyrosine.....g	0.364		0		1		0.116	0.932	0.466
Valine.....g	0.505		0		1		0.161	1.293	0.646
Arginine.....g	0.273		0		1		0.087	0.699	0.349
Histidine.....g	0.205		0		1		0.065	0.525	0.262
Alanine.....g	0.260		0		1		0.083	0.666	0.333
Aspartic acid.....g	0.573		0		1		0.183	1.467	0.733
Glutamic acid.....g	1.581		0		1		0.504	4.047	2.024
Glycine.....g	0.160		0		1		0.051	0.410	0.205
Proline.....g	0.731		0		1		0.233	1.871	0.936
Serine.....g	0.411		0		1		0.131	1.052	0.526
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01097
Milk, canned, evaporated, nonfat, with added vitamin A and vitam in D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 31.9g: 1 fl oz
Measure 2 = 256g: 1 cup
Measure 3 = 128g: .5 cup

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate**3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01153
Milk, canned, evaporated, with added vitamin A

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.04		0		1		23.32	93.29	
Energy.....kcal	134		0	NC	4		42	169	
Energy.....kJ	562		0	NC	4		177	708	
Protein (N x 6.38).....g	6.81		0		1		2.15	8.58	
Total lipid (fat).....g	7.56		0		1		2.38	9.53	
Ash.....g	1.55		0		1		0.49	1.95	
Carbohydrate, by difference.....g	10.04		0	NC	4		3.16	12.65	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	261		0		1		82	329	
Iron, Fe.....mg	0.19		0		1		0.06	0.24	
Magnesium, Mg.....mg	24	0.716	6		1		8	30	
Phosphorus, P.....mg	203		0		1		64	255	
Potassium, K.....mg	303		0		1		95	382	
Sodium, Na.....mg	106		0		1		33	133	
Zinc, Zn.....mg	0.77	0.027	26		1		0.24	0.97	
Copper, Cu.....mg	0.016		0		1		0.005	0.020	
Manganese, Mn.....mg	0.006		0		1		0.002	0.008	
Selenium, Se.....µg	2.3	0.280	13	A	1		0.7	2.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0		1		0.6	2.4	
Thiamin.....mg	0.047		0		1		0.015	0.059	
Riboflavin.....mg	0.316		0		1		0.100	0.398	
Niacin.....mg	0.194		0		1		0.061	0.244	
Pantothenic acid.....mg	0.638	0.032	5		1		0.201	0.804	
Vitamin B-6.....mg	0.050	0.002	21		1		0.016	0.063	
Folate, total.....µg	8		1		1		2	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		1		1		2	10	
Folate, DFE.....µg	8		0	NC	4		2	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16	0.015	9		1		0.05	0.21	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	397		0		1		125	500	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01153

Milk, canned, evaporated, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.591		0		1		1.446	5.785	
4:0.....g	0.195		1		1		0.061	0.246	
6:0.....g	0.134		1		1		0.042	0.169	
8:0.....g	0.054		2		1		0.017	0.068	
10:0.....g	0.110	0.017	11		1		0.035	0.139	
12:0.....g	0.161	0.015	12		1		0.051	0.203	
13:0.....g									
14:0.....g	0.733	0.035	12		1		0.231	0.924	
15:0.....g									
16:0.....g	2.027	0.060	12		1		0.639	2.554	
17:0.....g									
18:0.....g	0.921	0.027	12		1		0.290	1.160	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.335		0		1		0.736	2.942	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159	0.012	12		1		0.050	0.200	
17:1.....g									
18:1 undifferentiated.....g	2.101		0		1		0.662	2.647	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0		1		0.077	0.309	
18:2 undifferentiated.....g	0.167		0		1		0.053	0.210	
18:3 undifferentiated.....g	0.078		2		1		0.025	0.098	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0		1		9	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.030	0.121	
Threonine.....g	0.307		0		1		0.097	0.387	
Isoleucine.....g	0.412		0		1		0.130	0.519	
Leucine.....g	0.667		0		1		0.210	0.840	
Lysine.....g	0.540		0		1		0.170	0.680	
Methionine.....g	0.171		0		1		0.054	0.215	
Cystine.....g	0.063		0		1		0.020	0.079	
Phenylalanine.....g	0.329		0		1		0.104	0.415	
Tyrosine.....g	0.329		0		1		0.104	0.415	
Valine.....g	0.456		0		1		0.144	0.575	
Arginine.....g	0.247		0		1		0.078	0.311	
Histidine.....g	0.185		0		1		0.058	0.233	
Alanine.....g	0.235		0		1		0.074	0.296	
Aspartic acid.....g	0.517		0		1		0.163	0.651	
Glutamic acid.....g	1.426		0		1		0.449	1.797	
Glycine.....g	0.144		0		1		0.045	0.181	
Proline.....g	0.660		0		1		0.208	0.832	
Serine.....g	0.370		0		1		0.117	0.466	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01153

Milk, canned, evaporated, with added vitamin A

Common Measures:

Measure 1 = 31.5g: 1 fl oz

Measure 2 = 126g: .5 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.04	0.085	15		1		23.32	186.58	273.21
Energy.....kcal	134		0	NC	4		42	339	496
Energy.....kJ	562		0	NC	4		177	1417	2075
Protein (N x 6.38).....g	6.81	0.033	55		1		2.15	17.16	25.13
Total lipid (fat).....g	7.56	0.005	15		1		2.38	19.05	27.90
Ash.....g	1.55	0.023	5		1		0.49	3.91	5.72
Carbohydrate, by difference.....g	10.04		0	NC	4		3.16	25.30	37.05
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	10.04		0	NR	4		3.16	25.30	37.05
Starch.....g									
Minerals:									
Calcium, Ca.....mg	261	8.978	39		1		82	657	962
Iron, Fe.....mg	0.19	0.011	59		1		0.06	0.48	0.70
Magnesium, Mg.....mg	24	0.716	6		1		8	61	89
Phosphorus, P.....mg	203	8.254	37		1		64	510	747
Potassium, K.....mg	303	8.691	10		1		95	764	1118
Sodium, Na.....mg	106	3.361	10		1		33	267	390
Zinc, Zn.....mg	0.77	0.027	26		1		0.24	1.94	2.84
Copper, Cu.....mg	0.016		0		1		0.005	0.040	0.059
Manganese, Mn.....mg	0.006		0		1		0.002	0.015	0.022
Selenium, Se.....µg	2.3	0.280	13	A	1		0.7	5.8	8.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9	0.217	32		1		0.6	4.7	6.9
Thiamin.....mg	0.047	0.002	42		1		0.015	0.118	0.173
Riboflavin.....mg	0.316	0.006	41		1		0.100	0.796	1.166
Niacin.....mg	0.194	0.010	36		1		0.061	0.489	0.716
Pantothenic acid.....mg	0.638	0.032	5		1		0.201	1.608	2.354
Vitamin B-6.....mg	0.050	0.002	21		1		0.016	0.126	0.185
Folate, total.....µg	8		1		1		2	20	29
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	8		1		1		2	20	29
Folate, DFE.....µg	8		0	NC	4		2	20	29
Choline, total.....mg	31.8		0	BFSN	4		10.0	80.0	117.2
Betaine.....mg									
Vitamin B-12.....µg	0.16	0.015	9		1		0.05	0.41	0.60
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	65		0	NC	4		20	164	240
Retinol.....µg	64		0	NC	4		20	161	236
Carotene, beta.....µg	12		0	BFFN	4		4	30	45
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	233		0	NC	4		74	588	862
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFFN	4		0.04	0.34	0.50
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	2.0		0	AS	1		0.6	5.0	7.3
Vitamin D.....IU	79		0	S	4		25	199	292
Vitamin K (phylloquinone).....µg	0.5								

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	4.591		0		1		1.446	11.569	16.941
4:0.....g	0.195		1		1		0.061	0.491	0.720
6:0.....g	0.134		1		1		0.042	0.338	0.494
8:0.....g	0.054		2		1		0.017	0.136	0.199
10:0.....g	0.110	0.017	11		1		0.035	0.277	0.406
12:0.....g	0.161	0.015	12		1		0.051	0.406	0.594
13:0.....g									
14:0.....g	0.733	0.035	12		1		0.231	1.847	2.705
15:0.....g									
16:0.....g	2.027	0.060	12		1		0.639	5.108	7.480
17:0.....g									
18:0.....g	0.921	0.027	12		1		0.290	2.321	3.398
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.335		0		1		0.736	5.884	8.616
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159	0.012	12		1		0.050	0.401	0.587
17:1.....g									
18:1 undifferentiated.....g	2.101	0.049	12		1		0.662	5.295	7.753
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0		1		0.077	0.617	0.904
18:2 undifferentiated.....g	0.167	0.017	12		1		0.053	0.421	0.616
18:3 undifferentiated.....g	0.078		2		1		0.025	0.197	0.288
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0		1		9	74	108
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.030	0.242	0.354
Threonine.....g	0.307		0		1		0.097	0.774	1.133
Isoleucine.....g	0.412		0		1		0.130	1.038	1.520
Leucine.....g	0.667		0		1		0.210	1.681	2.461
Lysine.....g	0.540		0		1		0.170	1.361	1.993
Methionine.....g	0.171		0		1		0.054	0.431	0.631
Cystine.....g	0.063		0		1		0.020	0.159	0.232
Phenylalanine.....g	0.329		0		1		0.104	0.829	1.214
Tyrosine.....g	0.329		0		1		0.104	0.829	1.214
Valine.....g	0.456		0		1		0.144	1.149	1.683
Arginine.....g	0.247		0		1		0.078	0.622	0.911
Histidine.....g	0.185		0		1		0.058	0.466	0.683
Alanine.....g	0.235		0		1		0.074	0.592	0.867
Aspartic acid.....g	0.517		0		1		0.163	1.303	1.908
Glutamic acid.....g	1.426		0		1		0.449	3.594	5.262
Glycine.....g	0.144		0		1		0.045	0.363	0.531
Proline.....g	0.660		0		1		0.208	1.663	2.435
Serine.....g	0.370		0		1		0.117	0.932	1.365
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01096
Milk, canned, evaporated, with added vitamin D and without added vitamin A

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 31.5g: 1 fl oz
Measure 2 = 252g: 1 cup
Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, canned, evaporated, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Number					measures of food			
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.04	0.085	15		1		186.58	23.32	273.21
Energy.....kcal	135		0	NC	4		341	43	500
Energy.....kJ	567		0	NC	4		1428	179	2091
Protein.....g	6.81	0.033	55		1		17.16	2.15	25.13
Total lipid (fat).....g	7.56	0.005	15		1		19.05	2.38	27.90
Ash.....g	1.55	0.023	5		1		3.91	0.49	5.72
Carbohydrate, by difference.....g	10.04		0	NC	4		25.30	3.16	37.05
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	10.04		0	BFPZN	4		25.30	3.16	37.05
Starch.....g									
Minerals:									
Calcium, Ca.....mg	261	8.978	39		1		657	82	962
Iron, Fe.....mg	0.19	0.011	59		1		0.48	0.06	0.70
Magnesium, Mg.....mg	24	0.716	6		1		61	8	89
Phosphorus, P.....mg	203	8.254	37		1		510	64	747
Potassium, K.....mg	303	8.691	10		1		764	95	1118
Sodium, Na.....mg	106	3.361	10		1		267	33	390
Zinc, Zn.....mg	0.77	0.027	26		1		1.94	0.24	2.84
Copper, Cu.....mg	0.016		0		1		0.040	0.005	0.059
Manganese, Mn.....mg	0.006		0		1		0.015	0.002	0.022
Selenium, Se.....µg	2.3	0.280	13	A	1		5.8	0.7	8.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9	0.217	32		1		4.7	0.6	6.9
Thiamin.....mg	0.047	0.002	42		1		0.118	0.015	0.173
Riboflavin.....mg	0.316	0.006	41		1		0.796	0.100	1.166
Niacin.....mg	0.194	0.010	36		1		0.489	0.061	0.716
Pantothenic acid.....mg	0.638	0.032	5		1		1.608	0.201	2.354
Vitamin B-6.....mg	0.050	0.002	21		1		0.126	0.016	0.185
Folate, total.....µg	8		1		1		20	2	29
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	8		1		1		20	2	29
Folate, DFE.....µg	8		0	NC	4		20	2	29
Choline, total.....mg	31.3		0	BFSN	4		78.8	9.8	115.3
Betaine.....mg									
Vitamin B-12.....µg	0.16	0.015	9		1		0.41	0.05	0.60
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	65		0	NC	4		165	21	241
Retinol.....µg	64		0	T	4		161	20	236
Carotene, beta.....µg	15		0	BFFN	4		39	5	57
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	239		0	NC	4		602	75	882
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.16		0	BFFN	4		0.42	0.05	0.61
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.3	0.0	0.5

NDB No. 01214

Milk, canned, evaporated, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	4.591		0		1		11.569	1.446	16.941
4:0.....g	0.195		1		1		0.491	0.061	0.720
6:0.....g	0.134		1		1		0.338	0.042	0.494
8:0.....g	0.054		2		1		0.136	0.017	0.199
10:0.....g	0.110	0.017	11		1		0.277	0.035	0.406
12:0.....g	0.161	0.015	12		1		0.406	0.051	0.594
13:0.....g									
14:0.....g	0.733	0.035	12		1		1.847	0.231	2.705
15:0.....g									
16:0.....g	2.027	0.060	12		1		5.108	0.639	7.480
17:0.....g									
18:0.....g	0.921	0.027	12		1		2.321	0.290	3.398
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.335		0		1		5.884	0.736	8.616
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159	0.012	12		1		0.401	0.050	0.587
17:1.....g									
18:1 undifferentiated.....g	2.101	0.049	12		1		5.295	0.662	7.753
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0		1		0.617	0.077	0.904
18:2 undifferentiated.....g	0.167	0.017	12		1		0.421	0.053	0.616
18:3 undifferentiated.....g	0.078		2		1		0.197	0.025	0.288
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0		1		74	9	108
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.242	0.030	0.354
Threonine.....g	0.307		0		1		0.774	0.097	1.133
Isoleucine.....g	0.412		0		1		1.038	0.130	1.520
Leucine.....g	0.667		0		1		1.681	0.210	2.461
Lysine.....g	0.540		0		1		1.361	0.170	1.993
Methionine.....g	0.171		0		1		0.431	0.054	0.631
Cystine.....g	0.063		0		1		0.159	0.020	0.232
Phenylalanine.....g	0.329		0		1		0.829	0.104	1.214
Tyrosine.....g	0.329		0		1		0.829	0.104	1.214
Valine.....g	0.456		0		1		1.149	0.144	1.683
Arginine.....g	0.247		0		1		0.622	0.078	0.911
Histidine.....g	0.185		0		1		0.466	0.058	0.683
Alanine.....g	0.235		0		1		0.592	0.074	0.867
Aspartic acid.....g	0.517		0		1		1.303	0.163	1.908
Glutamic acid.....g	1.426		0		1		3.594	0.449	5.262
Glycine.....g	0.144		0		1		0.363	0.045	0.531
Proline.....g	0.660		0		1		1.663	0.208	2.435
Serine.....g	0.370		0		1		0.932	0.117	1.365
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01214
Milk, canned, evaporated, without added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 252g: 1 cup
Measure 2 = 31.5g: 1 fl oz
Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	82.45		0	RPA	1		206.12	25.72	
Energy.....kcal	77		0	RPI	6		194	24	
Energy.....kJ	324		0	RPI	6		810	101	
Protein.....g	3.52		0	RPA	1		8.79	1.10	
Total lipid (fat).....g	2.34		0	RPI	6		5.85	0.73	
Ash.....g	0.65		0	RPI	6		1.64	0.20	
Carbohydrate, by difference.....g	10.74		0	RPI	6		26.85	3.35	
Fiber, total dietary.....g	1.0		0	RPI	6		2.5	0.3	
Sugars, total.....g	9.66		0	RPA	1		24.15	3.01	
Sucrose.....g	5.00		0	RPA	1		12.49	1.56	
Glucose (dextrose).....g	0.01		0	RPA	1		0.02	0.00	
Fructose.....g	0.01		0	RPA	1		0.02	0.00	
Lactose.....g	4.63		0	RPA	1		11.57	1.44	
Maltose.....g	0.01		0	RPA	1		0.02	0.00	
Galactose.....g	0.01		0	RPA	1		0.04	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	114		0	RPI	6		285	36	
Iron, Fe.....mg	0.42		0	RPI	6		1.04	0.13	
Magnesium, Mg.....mg	23		0	RPI	6		58	7	
Phosphorus, P.....mg	105		0	RPI	6		262	33	
Potassium, K.....mg	197		0	RPI	6		492	61	
Sodium, Na.....mg	44		0	RPI	6		109	14	
Zinc, Zn.....mg	0.63		0	RPI	6		1.57	0.20	
Copper, Cu.....mg	0.103		0	RPI	6		0.257	0.032	
Manganese, Mn.....mg	0.013		0	RPA	1		0.033	0.004	
Selenium, Se.....µg	2.7		0	RPI	6		6.7	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	RPI	6		0.4	0.1	
Thiamin.....mg	0.039		0	RPI	6		0.096	0.012	
Riboflavin.....mg	0.182		0	RPI	6		0.455	0.057	
Niacin.....mg	0.133		0	RPI	6		0.334	0.042	
Pantothenic acid.....mg	0.328		0	RPA	1		0.821	0.102	
Vitamin B-6.....mg	0.040		0	RPI	6		0.101	0.013	
Folate, total.....µg	5		0	RPA	1		13	2	
Folic acid.....µg	0		0	RPI	6		0	0	
Folate, food.....µg	5		0	RPA	1		13	2	
Folate, DFE.....µg	5		0	NC	4		13	2	
Choline, total.....mg	15.6		0	RPI	6		39.0	4.9	
Betaine.....mg	0.9		0	RPA	1		2.2	0.3	
Vitamin B-12.....µg	0.49		0	RPI	6		1.23	0.15	
Vitamin B-12, added.....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....µg	51		0	RPI	6		128	16	
Retinol.....µg	51		0	RPI	6		127	16	
Carotene, beta.....µg	4		0	RPI	6		9	1	
Carotene, alpha.....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....µg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	176		0	RPI	6		440	55	
Lycopene.....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	RPI	6		0.07	0.01	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RPA	1		0.00	0.00	

NDB No. 01105

Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RPA	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	1.1		0	RPI	6		2.8	0.3	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.1		0	RPA	1		2.8	0.3	
Vitamin D.....IU	45		0	RPI	6		112	14	
Vitamin K (phylloquinone).....µg	0.2		0	RPA	1		0.4	0.1	
Dihydrophyloquinone.....µg	0.0		0	RPA	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.431		0	NC	4		3.578	0.447	
4:0.....g	0.071		0	RPI	6		0.177	0.022	
6:0.....g	0.037		0	RPI	6		0.093	0.012	
8:0.....g	0.019		0	RPI	6		0.047	0.006	
10:0.....g	0.045		0	RPI	6		0.113	0.014	
12:0.....g	0.050		0	RPI	6		0.126	0.016	
13:0.....g	0.002		0	RPA	1		0.005	0.001	
14:0.....g	0.163		0	RPI	6		0.406	0.051	
15:0.....g	0.018		0	RPA	1		0.046	0.006	
16:0.....g	0.640		0	RPI	6		1.601	0.200	
17:0.....g	0.010		0	RPA	1		0.026	0.003	
18:0.....g	0.369		0	RPI	6		0.923	0.115	
20:0.....g	0.004		0	RPA	1		0.009	0.001	
22:0.....g	0.002		0	RPA	1		0.005	0.001	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.677		0	NC	4		1.692	0.211	
14:1.....g	0.013		0	RPA	1		0.033	0.004	
15:1.....g	0.004		0	RPA	1		0.009	0.001	
16:1 undifferentiated.....g	0.025		0	RPI	6		0.061	0.008	
17:1.....g	0.005		0	RPA	1		0.011	0.001	
18:1 undifferentiated.....g	0.628		0	RPI	6		1.570	0.196	
20:1.....g	0.002		0	RPI	6		0.005	0.001	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.210	0.026	
18:2 undifferentiated.....g	0.074		0	RPI	6		0.184	0.023	
18:3 undifferentiated.....g	0.008		0	RPI	6		0.019	0.002	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.003		0	RPA	1		0.007	0.001	
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.078		0	RPI	6		0.196	0.024	
Fatty acids, total trans-monoenoic.....g	0.072		0	NR	4		0.179	0.022	
Fatty acids, total trans-polyenoic.....g	0.007		0	NR	4		0.016	0.002	
Cholesterol.....mg	8		0	RPI	6		19	2	
Phytosterols.....mg									
Stigmasterol.....mg	0		0	RPA	1		0	0	
Campesterol.....mg	0		0	RPA	1		0	0	
Beta-sitosterol.....mg	0		0	RPA	1		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.037		0	RPA	1		0.093	0.012	
Threonine.....g	0.095		0	RPA	1		0.238	0.030	
Isoleucine.....g	0.169		0	RPA	1		0.421	0.053	
Leucine.....g	0.305		0	RPA	1		0.763	0.095	
Lysine.....g	0.215		0	RPA	1		0.537	0.067	
Methionine.....g	0.076		0	RPA	1		0.191	0.024	
Cystine.....g	0.099		0	RPA	1		0.247	0.031	
Phenylalanine.....g	0.150		0	RPA	1		0.374	0.047	

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine.....g	0.141		0	RPA	1		0.353	0.044	
Valine.....g	0.201		0	RPA	1		0.502	0.063	
Arginine.....g	0.099		0	RPA	1		0.248	0.031	
Histidine.....g	0.067		0	RPA	1		0.168	0.021	
Alanine.....g	0.102		0	RPA	1		0.256	0.032	
Aspartic acid.....g	0.276		0	RPA	1		0.691	0.086	
Glutamic acid.....g	0.719		0	RPA	1		1.798	0.224	
Glycine.....g	0.056		0	RPA	1		0.140	0.017	
Proline.....g	0.340		0	RPA	1		0.850	0.106	
Serine.....g	0.184		0	RPA	1		0.459	0.057	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	2		0	RPI	6		5	1	
Theobromine.....mg	68		0	RPI	6		170	21	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup
Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, chocolate, fat free, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proximates:									
Water.....g	82.34	0.436	4	A	1				
Energy.....kcal	67		0	NC	4				
Energy.....kJ	282		0	NC	4				
Protein (N x 6.25).....g	3.39		0		8				
Total lipid (fat).....g	0.00		0		8				
Ash.....g	0.81		2	A	1				
Carbohydrate, by difference.....g	13.46		0	NC	4				
Fiber, total dietary.....g	0.0		0		8				
Sugars, total.....g	9.32		0		8				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	127		0		8				
Iron, Fe.....mg	0.27	0.019	4	A	1				
Magnesium, Mg.....mg	13	0.622	5		1				
Phosphorus, P.....mg	101	5.381	5		1				
Potassium, K.....mg	182		0		8				
Sodium, Na.....mg	110		0		8				
Zinc, Zn.....mg	0.41	0.022	5		1				
Copper, Cu.....mg	0.075		2	A	1				
Manganese, Mn.....mg	0.062		2	A	1				
Selenium, Se.....µg	1.9	0.335	12	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		8				
Thiamin.....mg	0.045		2	A	1				
Riboflavin.....mg	0.166		0		1				
Niacin.....mg	0.164		2	A	1				
Pantothenic acid.....mg	0.302		0		1				
Vitamin B-6.....mg	0.024		2	A	1				
Folate, total.....µg	2		2	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	2		2	A	1				
Folate, DFE.....µg	2		0	NC	4				
Choline, total.....mg	15.6		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.32	0.011	4	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	64		0	AS	1				
Retinol.....µg	63		1	A	1				
Carotene, beta.....µg	11		2	A	1				
Carotene, alpha.....µg	0		2	A	1				
Cryptoxanthin, beta.....µg	0		2	A	1				
Vitamin A, IU.....IU	227		0	AS	1				
Lycopene.....µg	0		2	A	1				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.1		0	NR	4				
Vitamin D.....IU	42</								

NDB No. 01292

Milk, chocolate, fat free, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	0.000		0				8		
4:0.....g	0.000		0	BFFN			4		
6:0.....g	0.000		0	BFFN			4		
8:0.....g	0.000		0	BFFN			4		
10:0.....g	0.000		0	BFFN			4		
12:0.....g	0.000		0	BFFN			4		
13:0.....g									
14:0.....g	0.000		0	BFFN			4		
15:0.....g									
16:0.....g	0.000		0	BFFN			4		
17:0.....g									
18:0.....g	0.000		0	BFFN			4		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFFN			4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN			4		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN			4		
20:1.....g	0.000		0	BFFN			4		
22:1 undifferentiated.....g	0.000		0	BFFN			4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFFN			4		
18:2 undifferentiated.....g	0.000		0	BFFN			4		
18:3 undifferentiated.....g	0.000		0	BFFN			4		
18:4.....g	0.000		0	BFFN			4		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN			4		
20:5 n-3 (EPA).....g	0.000		0	BFFN			4		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN			4		
22:6 n-3 (DHA).....g	0.000		0	BFFN			4		
Fatty acids, total trans.....g	0.000		0				8		
Cholesterol.....mg	2		0				8		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0				7		
Caffeine.....mg	1		1	A			1		
Theobromine.....mg	22		1	A			1		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01202
Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	82.17		2	A	1		205.41	25.64	821.65
Energy.....kcal	78		0	NC	4		194	24	776
Energy.....kJ	325		0	NC	4		811	101	3246
Protein.....g	2.99		2	A	1		7.49	0.93	29.94
Total lipid (fat).....g	1.90		2	A	1		4.75	0.59	19.00
Ash.....g	0.81		2	A	1		2.04	0.25	8.15
Carbohydrate, by difference.....g	12.13		0	NC	4		30.31	3.78	121.26
Fiber, total dietary.....g	0.7		1	A	1		1.8	0.2	7.0
Sugars, total.....g	9.55		0	NR	4		23.88	2.98	95.54
Sucrose.....g	4.79		2	A	1		11.97	1.49	47.90
Glucose (dextrose).....g	0.53		2	A	1		1.32	0.17	5.30
Fructose.....g	0.41		2	A	1		1.02	0.13	4.10
Lactose.....g	3.83		2	A	1		9.56	1.19	38.25
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	1.60		1	A	1		4.00	0.50	16.00
Minerals:									
Calcium, Ca.....mg	194		1	A	1		485	61	1940
Iron, Fe.....mg	0.24		0	O	4		0.60	0.07	2.40
Magnesium, Mg.....mg	14		2	A	1		34	4	136
Phosphorus, P.....mg	76		2	A	1		191	24	764
Potassium, K.....mg	123		2	A	1		306	38	1225
Sodium, Na.....mg	66		2	A	1		165	21	659
Zinc, Zn.....mg	0.39		2	A	1		0.98	0.12	3.94
Copper, Cu.....mg	0.075		2	A	1		0.186	0.023	0.745
Manganese, Mn.....mg	0.062		2	A	1		0.154	0.019	0.617
Selenium, Se.....µg	3.4		2	A	1		8.6	1.1	34.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.045		2	A	1		0.112	0.014	0.447
Riboflavin.....mg	0.565		2	A	1		1.412	0.176	5.650
Niacin.....mg	0.164		2	A	1		0.410	0.051	1.639
Pantothenic acid.....mg	0.539		2	A	1		1.349	0.168	5.395
Vitamin B-6.....mg	0.024		2	A	1		0.061	0.008	0.245
Folate, total.....µg	2		2	A	1		5	1	20
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	2		2	A	1		5	1	20
Folate, DFE.....µg	2		0	NC	4		5	1	20
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33		2	A	1		0.82	0.10	3.29
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	64		0	AS	1		159	20	635
Retinol.....µg	63		1	A	1		156	20	626
Carotene, beta.....µg	11		2	A	1		28	3	112
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	227		0	AS	1		568	71	2273
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.10	0.01	0.40
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02		2	A	1		0.05	0.01	0.20
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.03		2	A	1		0.07	0.01	0.30
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 01202

Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
Tocotrienol, gamma.....mg	0.00		2	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.2		2	A	1	0.4	0.0	1.5
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	1.177		0	NC	4	2.943	0.367	11.774
4:0.....g	0.056		0		1	0.140	0.017	0.560
6:0.....g	0.033		0		1	0.083	0.010	0.330
8:0.....g	0.020		2	A	1	0.050	0.006	0.199
10:0.....g	0.045		2	A	1	0.112	0.014	0.450
12:0.....g	0.045		2	A	1	0.112	0.014	0.450
13:0.....g								
14:0.....g	0.170		2	A	1	0.425	0.053	1.700
15:0.....g	0.015		2	A	1	0.037	0.005	0.149
16:0.....g	0.515		2	A	1	1.288	0.161	5.150
17:0.....g	0.009		2	A	1	0.022	0.003	0.087
18:0.....g	0.270		2	A	1	0.675	0.084	2.700
20:0.....g	0.000		2	A	1	0.000	0.000	0.000
22:0.....g	0.000		2	A	1	0.000	0.000	0.000
24:0.....g	0.000		2	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.455		0	NC	4	1.137	0.142	4.549
14:1.....g	0.005		2	A	1	0.012	0.002	0.050
15:1.....g	0.000		2	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.020		2	A	1	0.050	0.006	0.199
17:1.....g	0.000		2	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	0.430		2	A	1	1.075	0.134	4.300
20:1.....g	0.000		2	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.089		0	NC	4	0.221	0.028	0.886
18:2 undifferentiated.....g	0.080		2	A	1	0.200	0.025	0.799
18:3 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		2	A	1	0.000	0.000	0.000
18:3 n-6 c,c,c.....g								
18:3i.....g								
18:4.....g	0.009		2	A	1	0.022	0.003	0.087
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	8		2	A	1	20	2	79
Phytosterols.....mg								
Stigmasterol.....mg	0		2	A	1	0	0	0
Campesterol.....mg	0		2	A	1	0	0	0
Beta-sitosterol.....mg	0		2	A	1	0	0	0
Amino Acids:								
Tryptophan.....g	0.045		0	A	1	0.113	0.014	0.451
Threonine.....g	0.140		0	A	1	0.350	0.044	1.401
Isoleucine.....g	0.140		0	A	1	0.350	0.044	1.401
Leucine.....g	0.275		0	A	1	0.688	0.086	2.753

NDB No. 01202
Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lysine.....g	0.230		0	A	1		0.575	0.072	2.301
Methionine.....g	0.070		0	A	1		0.175	0.022	0.700
Cystine.....g	0.030		0	A	1		0.075	0.009	0.299
Phenylalanine.....g	0.140		0	A	1		0.350	0.044	1.401
Tyrosine.....g	0.120		0	A	1		0.300	0.037	1.200
Valine.....g	0.180		0	A	1		0.450	0.056	1.801
Arginine.....g	0.105		0	A	1		0.263	0.033	1.051
Histidine.....g	0.080		0	A	1		0.200	0.025	0.800
Alanine.....g	0.100		0	A	1		0.250	0.031	1.001
Aspartic acid.....g	0.270		0	A	1		0.675	0.084	2.702
Glutamic acid.....g	0.645		0	A	1		1.614	0.201	6.454
Glycine.....g	0.060		0	A	1		0.150	0.019	0.599
Proline.....g	0.275		0	A	1		0.688	0.086	2.753
Serine.....g	0.170		0	A	1		0.425	0.053	1.701
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		1	A	1		2	0	7
Theobromine.....mg	22		1	A	1		55	7	220

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	82.17		2	A	1		205.41	25.64	821.65
Energy.....kcal	76		0	NC	4		191	24	764
Energy.....kJ	320		0	NC	4		800	100	3200
Protein (N x 6.38).....g	2.99		2	A	1		7.49	0.93	29.94
Total lipid (fat).....g	1.90		2	A	1		4.75	0.59	19.00
Ash.....g	0.81		2	A	1		2.04	0.25	8.15
Carbohydrate, by difference.....g	12.13		0	NR	4		30.31	3.78	121.26
Fiber, total dietary.....g	0.7		1	A	1		1.8	0.2	7.0
Sugars, total.....g	9.55		0	NR	4		23.88	2.98	95.54
Sucrose.....g	4.79		2	A	1		11.97	1.49	47.90
Glucose (dextrose).....g	0.53		2	A	1		1.32	0.17	5.30
Fructose.....g	0.41		2	A	1		1.02	0.13	4.10
Lactose.....g	3.83		2	A	1		9.56	1.19	38.25
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	1.60		1	A	1		4.00	0.50	16.00
Minerals:									
Calcium, Ca.....mg	109		1	A	1		273	34	1090
Iron, Fe.....mg	0.24		0		1		0.60	0.07	2.40
Magnesium, Mg.....mg	14		2	A	1		34	4	136
Phosphorus, P.....mg	102		0		1		254	32	1017
Potassium, K.....mg	169		0		1		422	53	1688
Sodium, Na.....mg	66		2	A	1		165	21	659
Zinc, Zn.....mg	0.39		2	A	1		0.98	0.12	3.94
Copper, Cu.....mg	0.075		2	A	1		0.186	0.023	0.745
Manganese, Mn.....mg	0.062		2	A	1		0.154	0.019	0.617
Selenium, Se.....µg	3.4		2	A	1		8.6	1.1	34.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.045		2	A	1		0.112	0.014	0.447
Riboflavin.....mg	0.183		0	O	4		0.458	0.057	1.830
Niacin.....mg	0.164		2	A	1		0.410	0.051	1.639
Pantothenic acid.....mg	0.539		2	A	1		1.349	0.168	5.395
Vitamin B-6.....mg	0.024		2	A	1		0.061	0.008	0.245
Folate, total.....µg	2		2	A	1		5	1	20
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	2		2	A	1		5	1	20
Folate, DFE.....µg	2		0	NC	4		5	1	20
Choline, total.....mg	17.1		0	AS	1		42.9	5.3	171.4
Betaine.....mg	0.7		1	A	1		1.7	0.2	6.9
Vitamin B-12.....µg	0.33		2	A	1		0.82	0.10	3.29
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	64		0	AS	1		159	20	635
Retinol.....µg	63		1	A	1		156	20	626
Carotene, beta.....µg	11		2	A	1		28	3	112
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	227		0	AS	1		568	71	2273
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.10	0.01	0.40
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02		2	A	1		0.05	0.01	0.20
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.03		2	A	1		0.07	0.01	0.30
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.2		0	AS	1		3.0	0.4	12.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.2		0	BFZN	4		3.0	0.4	12.1
Vitamin D.....IU	49		0	BFZN	4		121	15	486
Vitamin K (phylloquinone).....µg	0.2		2	A	1		0.4	0.0	1.5
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.177		0	NC	4		2.943	0.367	11.774
4:0.....g	0.056		0		1		0.140	0.017	0.560
6:0.....g	0.033		0		1		0.083	0.010	0.330
8:0.....g	0.020		2	A	1		0.050	0.006	0.199
10:0.....g	0.045		2	A	1		0.112	0.014	0.450
12:0.....g	0.045		2	A	1		0.112	0.014	0.450
13:0.....g									
14:0.....g	0.170		2	A	1		0.425	0.053	1.700
15:0.....g	0.015		2	A	1		0.037	0.005	0.149
16:0.....g	0.515		2	A	1		1.288	0.161	5.150
17:0.....g	0.009		2	A	1		0.022	0.003	0.087
18:0.....g	0.270		2	A	1		0.675	0.084	2.700
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.455		0	NC	4		1.137	0.142	4.549
14:1.....g	0.005		2	A	1		0.012	0.002	0.050
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.020		2	A	1		0.050	0.006	0.199
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.430		2	A	1		1.075	0.134	4.300
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0	NC	4		0.221	0.028	0.886
18:2 undifferentiated.....g	0.080		2	A	1		0.200	0.025	0.799
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.009		2	A	1		0.022	0.003	0.087
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2	A	1		20	2	79
Phytosterols.....mg									
Stigmasterol.....mg	0		2	A	1		0	0	0
Campesterol.....mg	0		2	A	1		0	0	0
Beta-sitosterol.....mg	0		2	A	1		0	0	0
Amino Acids:									
Tryptophan.....g	0.038		0	A	1		0.096	0.012	0.383
Threonine.....g	0.128		0	A	1		0.319	0.040	1.276
Isoleucine.....g	0.155		0	A	1		0.387	0.048	1.549
Leucine.....g	0.283		0	A	1		0.709	0.088	2.834

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Points	Code	Code			
Lysine.....g	0.250		0	A	1	0.626	0.078	2.504
Methionine.....g	0.078		0	A	1	0.196	0.024	0.784
Cystine.....g	0.018		0	A	1	0.046	0.006	0.182
Phenylalanine.....g	0.155		0	A	1	0.388	0.048	1.550
Tyrosine.....g	0.151		0	A	1	0.378	0.047	1.513
Valine.....g	0.196		0	A	1	0.490	0.061	1.960
Arginine.....g	0.085		0	A	1	0.214	0.027	0.855
Histidine.....g	0.090		0	A	1	0.226	0.028	0.902
Alanine.....g	0.101		0	A	1	0.253	0.032	1.012
Aspartic acid.....g	0.256		0	A	1	0.640	0.080	2.562
Glutamic acid.....g	0.673		0	A	1	1.682	0.210	6.726
Glycine.....g	0.059		0	A	1	0.148	0.018	0.593
Proline.....g	0.295		0	A	1	0.738	0.092	2.954
Serine.....g	0.180		0	A	1	0.451	0.056	1.805
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	1		1	A	1	2	0	7
Theobromine.....mg	22		1	A	1	55	7	220

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	82.30	0.231	8		1	205.75	25.68	823.00	
Energy.....kcal	83		0	NC	4	208	26	834	
Energy.....kJ	349		0		4	872	109	3487	
Protein (N x 6.38).....g	3.17	0.041	11		1	7.93	0.99	31.70	
Total lipid (fat).....g	3.39	0.037	10		1	8.48	1.06	33.90	
Ash.....g	0.80		0		1	2.00	0.25	8.00	
Carbohydrate, by difference.....g	10.34		0	NC	4	25.85	3.23	103.40	
Fiber, total dietary.....g	0.8		0		1	2.0	0.2	8.0	
Sugars, total.....g	9.54		0	NR	4	23.85	2.98	95.40	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	112	3.987	8		1	280	35	1121	
Iron, Fe.....mg	0.24		0		1	0.60	0.07	2.40	
Magnesium, Mg.....mg	13	0.622	5		1	33	4	130	
Phosphorus, P.....mg	101	5.381	5		1	251	31	1005	
Potassium, K.....mg	167	7.479	5		1	417	52	1669	
Sodium, Na.....mg	60	5.193	5		1	149	19	596	
Zinc, Zn.....mg	0.41	0.022	5		1	1.03	0.13	4.10	
Copper, Cu.....mg	0.065		0		1	0.163	0.020	0.650	
Manganese, Mn.....mg	0.077		0		1	0.193	0.024	0.770	
Selenium, Se.....µg	1.9		0	BFNN	4	4.8	0.6	19.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1	2.3	0.3	9.1	
Thiamin.....mg	0.037		0		1	0.093	0.012	0.370	
Riboflavin.....mg	0.162		0		1	0.405	0.051	1.620	
Niacin.....mg	0.125		0		1	0.313	0.039	1.250	
Pantothenic acid.....mg	0.295		0		1	0.738	0.092	2.950	
Vitamin B-6.....mg	0.040		0		1	0.100	0.012	0.400	
Folate, total.....µg	5		0		1	12	1	47	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	5		0		1	12	1	47	
Folate, DFE.....µg	5		0	NC	4	12	1	47	
Choline, total.....mg	17.0		0	T	4	42.5	5.3	170.0	
Betaine.....mg									
Vitamin B-12.....µg	0.33		0		1	0.84	0.10	3.34	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	27		0	NC	4	66	8	266	
Retinol.....µg	26		0	T	4	65	8	260	
Carotene, beta.....µg	7		0	BFZN	4	17	2	66	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	98		0	NC	4	244	30	977	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFZN	4	0.18	0.02	0.71	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		0	AS	1	3.2	0.4	12.8	
Vitamin D.....IU	51		0	BFZN	4	128	16	511	
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4	0.7	0.1	2.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	2.104		0		1		5.260	0.656	21.040
4:0.....g	0.101		0		1		0.253	0.032	1.010
6:0.....g	0.060		0		1		0.150	0.019	0.600
8:0.....g	0.035		0		1		0.088	0.011	0.350
10:0.....g	0.078		0		1		0.195	0.024	0.780
12:0.....g	0.088		0		1		0.220	0.027	0.880
13:0.....g									
14:0.....g	0.315		0		1		0.788	0.098	3.150
15:0.....g									
16:0.....g	0.889		0		1		2.223	0.277	8.890
17:0.....g									
18:0.....g	0.466		0		1		1.165	0.145	4.660
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.990		0		1		2.475	0.309	9.900
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0		1		0.178	0.022	0.710
17:1.....g									
18:1 undifferentiated.....g	0.872		0		1		2.180	0.272	8.720
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0		1		0.310	0.039	1.240
18:2 undifferentiated.....g	0.078		0		1		0.195	0.024	0.780
18:3 undifferentiated.....g	0.046		0		1		0.115	0.014	0.460
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		31	4	122
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0	NR	4		0.101	0.013	0.405
Threonine.....g	0.135		0	NR	4		0.338	0.042	1.350
Isoleucine.....g	0.164		0	NR	4		0.410	0.051	1.640
Leucine.....g	0.300		0	NR	4		0.750	0.094	3.001
Lysine.....g	0.265		0	NR	4		0.663	0.083	2.651
Methionine.....g	0.083		0	NR	4		0.208	0.026	0.830
Cystine.....g	0.019		0	NR	4		0.048	0.006	0.193
Phenylalanine.....g	0.164		0	NR	4		0.410	0.051	1.641
Tyrosine.....g	0.160		0	NR	4		0.400	0.050	1.602
Valine.....g	0.208		0	NR	4		0.519	0.065	2.075
Arginine.....g	0.091		0	NR	4		0.226	0.028	0.905
Histidine.....g	0.096		0	NR	4		0.239	0.030	0.955
Alanine.....g	0.107		0	NR	4		0.268	0.033	1.071
Aspartic acid.....g	0.271		0	NR	4		0.678	0.085	2.712
Glutamic acid.....g	0.712		0	NR	4		1.780	0.222	7.121
Glycine.....g	0.063		0	NR	4		0.157	0.020	0.628
Proline.....g	0.313		0	NR	4		0.782	0.098	3.127
Serine.....g	0.191		0	NR	4		0.478	0.060	1.911
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		2	0	7

NDB No. 01102
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	23		0	RA	4		58	7	230

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 250g: 1 cup
Measure 2 = 31.2g: 1 fl oz
Measure 3 = 1000g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01305
Milk, chocolate, lowfat, reduced sugar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	87.09	0.059	9	A	1				
Energy.....kcal	54		0	NC	4				
Energy.....kJ	225		0	NC	4				
Protein.....g	3.43	0.062	9	A	1				
Total lipid (fat).....g	1.04	0.027	9	A	1				
Ash.....g	0.76	0.046	9	A	1				
Carbohydrate, by difference.....g	7.68		0	NC	4				
Fiber, total dietary.....g	0.0	0.000	4		8				
Sugars, total.....g	7.29	0.000	4		8				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	122	1.516	9	A	1				
Iron, Fe.....mg	0.16	0.009	9	A	1				
Magnesium, Mg.....mg	13	0.223	9	A	1				
Phosphorus, P.....mg	98	1.558	9	A	1				
Potassium, K.....mg	168	3.454	9	A	1				
Sodium, Na.....mg	66	1.891	9	A	1				
Zinc, Zn.....mg	0.46	0.005	9	A	1				
Copper, Cu.....mg	0.018	0.001	9	A	1				
Manganese, Mn.....mg	0.021	0.001	9	A	1				
Selenium, Se.....µg	1.9		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		8				
Thiamin.....mg	0.035	0.002	6	A	1				
Riboflavin.....mg	0.225	0.006	6	A	1				
Niacin.....mg	0.122	0.003	6	A	1				
Pantothenic acid.....mg	0.467	0.026	4	A	1				
Vitamin B-6.....mg	0.050	0.004	6	A	1				
Folate, total.....µg	5		2		8				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	5		2		8				
Folate, DFE.....µg	5		0	NC	4				
Choline, total.....mg	17.0		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.20	0.052	6	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	96		0	AS	1				
Retinol.....µg	96		2	A	1				
Carotene, beta.....µg	2		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	319		0	AS	1				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	0		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00	0.000	3	A	1				
Tocopherol, gamma.....mg	0.00	0.000	3	A	1				
Tocopherol, delta.....mg	0.00	0.000	3	A	1				
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1				
Tocotrienol, beta.....mg	0.00	0.000	3	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1				
Tocotrienol, delta.....mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3).....µg	1.5		2	AS	1				
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1				
Vitamin D3 (cholecalciferol).....µg	1.5		2	A	1				
Vitamin D.....IU	60		0	NR	4				
Vitamin K (phylloquinone).....µg	0.1		2	A	1				

NDB No. 01305

Milk, chocolate, lowfat, reduced sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv			Measure 1	Measure 2	Measure 3
			Points	Code	Source Confidence Code			
Dihydrophyloquinone.....µg	0.0		2	A	1			
Menaquinone-4.....µg	0.2		2	A	1			
Lipids:								
Fatty acids, total saturated.....g	0.616		0	NC	4			
4:0.....g	0.020	0.001	9	A	1			
6:0.....g	0.014	0.000	9	A	1			
8:0.....g	0.009	0.000	9	A	1			
10:0.....g	0.025	0.001	9	A	1			
12:0.....g	0.029	0.001	9	A	1			
13:0.....g								
14:0.....g	0.099	0.003	9	A	1			
15:0.....g	0.010	0.000	9	A	1			
16:0.....g	0.278	0.008	9	A	1			
17:0.....g	0.005	0.000	9	A	1			
18:0.....g	0.122	0.003	9	A	1			
20:0.....g	0.002	0.000	9	A	1			
22:0.....g	0.001	0.000	9	A	1			
24:0.....g	0.000	0.000	9	A	1			
Fatty acids, total monounsaturated.....g	0.290		0	NC	4			
14:1.....g	0.010	0.000	9	A	1			
15:1.....g	0.000	0.000	9	A	1			
16:1 undifferentiated.....g	0.014	0.001	9	AS	1			
16:1 c.....g	0.012	0.001	9	A	1			
16:1 t.....g	0.003	0.000	9	A	1			
17:1.....g	0.002	0.000	9	A	1			
18:1 undifferentiated.....g	0.260	0.006	9	AS	1			
18:1 c.....g	0.234	0.005	9	A	1			
18:1 t.....g	0.026	0.001	9	A	1			
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.003	0.000	9	A	1			
22:1 undifferentiated.....g	0.000	0.000	9	AS	1			
22:1 c.....g	0.000	0.000	9	A	1			
22:1 t.....g	0.000	0.000	9	A	1			
24:1 c.....g	0.000	0.000	9	A	1			
Fatty acids, total polyunsaturated.....g	0.054		0	NC	4			
18:2 undifferentiated.....g	0.045	0.001	9	AS	1			
18:2 n-6 c,c.....g	0.032	0.001	9	A	1			
18:2 CLAs.....g	0.005	0.000	9	A	1			
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.007	0.000	9	A	1			
18:3 undifferentiated.....g	0.005	0.000	9	AS	1			
18:3 n-3 c,c,c (ALA).....g	0.005	0.000	9	A	1			
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1			
18:3i.....g	0.000	0.000	9	A	1			
18:4.....g	0.000	0.000	9	A	1			
20:2 n-6 c,c.....g	0.000	0.000	9	A	1			
20:3 undifferentiated.....g	0.002	0.000	9	AS	1			
20:3 n-3.....g	0.000	0.000	9	A	1			
20:3 n-6.....g	0.002	0.000	9	A	1			
20:4 undifferentiated.....g	0.002	0.000	9	A	1			
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1			
21:5.....g								
22:4.....g	0.000	0.000	9	A	1			
22:5 n-3 (DPA).....g	0.001	0.000	9	A	1			
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1			
Fatty acids, total trans.....g	0.036		0	NC	4			
Fatty acids, total trans-monoenoic.....g	0.029		0	NC	4			
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4			
Cholesterol.....mg	5	0.054	6	A	1			
Phytosterols.....mg								

Amino Acids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.000		2	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0	0.000	4	A		1			
Theobromine.....mg	6	0.281	4	A		1			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 01104

Milk, chocolate, lowfat, with added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common			
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	measures of food		
			Points	of Data				Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	84.91	0.336	13	A	1		212.27	849.08		
Energy.....kcal	62		0	NC	4		154	617		
Energy.....kJ	258		0	NC	4		645	2580		
Protein (N x 6.38).....g	3.46	0.081	21	JO	11		8.64	34.55		
Total lipid (fat).....g	1.00	0.010	13	A	1		2.49	9.96		
Ash.....g	0.78	0.027	13	A	1		1.95	7.81		
Carbohydrate, by difference.....g	9.86		0	NC	4		24.65	98.60		
Fiber, total dietary.....g	0.1	0.059	9		8		0.3	1.3		
Sugars, total.....g	9.94		0	NR	4		24.85	99.40		
Starch.....g										
Minerals:										
Calcium, Ca.....mg	129	1.541	13	A	1		323	1290		
Iron, Fe.....mg	0.23	0.018	13	A	1		0.57	2.28		
Magnesium, Mg.....mg	13	0.278	13	A	1		33	132		
Phosphorus, P.....mg	96	1.481	13	A	1		239	956		
Potassium, K.....mg	172	3.391	13	A	1		429	1715		
Sodium, Na.....mg	65	2.589	13	A	1		161	645		
Zinc, Zn.....mg	0.43	0.007	13	A	1		1.07	4.28		
Copper, Cu.....mg	0.028	0.002	13	A	1		0.069	0.275		
Manganese, Mn.....mg	0.030	0.002	13	A	1		0.075	0.302		
Selenium, Se.....µg	1.9	0.335	12	A	1		4.8	19.0		
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.4	0.146	10		8		1.1	4.4		
Thiamin.....mg	0.031	0.001	8	A	1		0.078	0.312		
Riboflavin.....mg	0.247	0.012	8	A	1		0.619	2.475		
Niacin.....mg	0.124	0.006	8	A	1		0.309	1.237		
Pantothenic acid.....mg	0.430	0.029	5	A	1		1.075	4.299		
Vitamin B-6.....mg	0.047	0.004	8	A	1		0.119	0.474		
Folate, total.....µg	3		1		8		8	32		
Folic acid.....µg	0		0	Z	7		0	0		
Folate, food.....µg	3		1		8		8	32		
Folate, DFE.....µg	3		0	NC	4		8	32		
Choline, total.....mg	17.0		0	T	4		42.5	170.0		
Betaine.....mg										
Vitamin B-12.....µg	0.23	0.049	8	A	1		0.59	2.35		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE.....µg	52		0	NC	4		129	515		
Retinol.....µg	51		3	A	1		129	514		
Carotene, beta.....µg	2		0	BFFN	4		4	16		
Carotene, alpha.....µg	0		0	Z	7		0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0		
Vitamin A, IU.....IU	174		0	NC	4		435	1740		
Lycopene.....µg	0		0	Z	7		0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol).....mg	0.00		3	A	1		0.00	0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00		
Tocopherol, beta.....mg	0.00		3	A	1		0.00	0.00		
Tocopherol, gamma.....mg	0.00		3	A	1		0.00	0.00		
Tocopherol, delta.....mg	0.00		3	A	1		0.00	0.00		
Tocotrienol, alpha.....mg	0.00		3	A	1		0.00	0.00		
Tocotrienol, beta.....mg	0.00		3	A	1		0.00	0.00		
Tocotrienol, gamma.....mg	0.00		3	A	1		0.00	0.00		
Tocotrienol, delta.....mg	0.00		3	A	1		0.00	0.00		
Vitamin D (D2 + D3).....µg	1.1		4	AS	1		2.7	10.9		
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	4	A	1		0.0	0.0		
Vitamin D3 (cholecalciferol).....µg	1.1	0.010	4	A	1		2.7	10.9		
Vitamin D.....IU	43		0	NR	4		109	435		
Vitamin K (phylloquinone).....µg	0.1	0.000	3	A	1		0.3	1.0		

NDB No. 01104

Milk, chocolate, lowfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Dihydrophyllquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	0.1	0.000	3	A	1		0.3	1.0	
Lipids:									
Fatty acids, total saturated.....g	0.584		0	NC	4		1.459	5.837	
4:0.....g	0.019	0.001	13	A	1		0.048	0.192	
6:0.....g	0.013	0.001	13	A	1		0.033	0.130	
8:0.....g	0.008	0.000	13	A	1		0.021	0.083	
10:0.....g	0.022	0.001	13	A	1		0.055	0.221	
12:0.....g	0.025	0.001	13	A	1		0.062	0.248	
13:0.....g									
14:0.....g	0.090	0.001	13	A	1		0.225	0.899	
15:0.....g	0.010	0.000	13	A	1		0.024	0.097	
16:0.....g	0.268	0.003	13	A	1		0.670	2.679	
17:0.....g	0.005	0.000	13	A	1		0.013	0.053	
18:0.....g	0.120	0.004	13	A	1		0.300	1.200	
20:0.....g	0.002	0.000	13	A	1		0.006	0.023	
22:0.....g	0.001	0.000	13	A	1		0.002	0.008	
24:0.....g	0.000	0.000	13	A	1		0.001	0.004	
Fatty acids, total monounsaturated.....g	0.541		0	NC	4		1.353	5.411	
14:1.....g	0.009	0.000	13	A	1		0.023	0.091	
15:1.....g	0.000	0.000	13	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.015	0.000	13	AS	1		0.038	0.151	
16:1 c.....g	0.012	0.000	13	A	1		0.030	0.120	
16:1 t.....g	0.003	0.000	13	A	1		0.008	0.031	
17:1.....g	0.002	0.000	13	A	1		0.005	0.019	
18:1 undifferentiated.....g	0.248	0.005	13	AS	1		0.621	2.484	
18:1 c.....g	0.221	0.004	13	A	1		0.554	2.215	
18:1 t.....g	0.027	0.002	13	A	1		0.067	0.269	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003	0.000	13	A	1		0.007	0.029	
22:1 undifferentiated.....g	0.000	0.000	13	AS	1		0.000	0.001	
22:1 c.....g	0.000	0.000	13	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	13	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	13	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.095		0	NC	4		0.237	0.949	
18:2 undifferentiated.....g	0.039	0.001	13	AS	1		0.096	0.386	
18:2 n-6 c,c,c.....g	0.025	0.001	13	A	1		0.063	0.252	
18:2 CLAs.....g	0.007	0.001	13	A	1		0.016	0.066	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.001	13	A	1		0.017	0.068	
18:3 undifferentiated.....g	0.006	0.000	13	AS	1		0.014	0.057	
18:3 n-3 c,c,c (ALA).....g	0.006	0.000	13	A	1		0.014	0.057	
18:3 n-6 c,c,c.....g	0.000	0.000	13	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	13	A	1		0.000	0.000	
18:4.....g	0.000	0.000	13	A	1		0.000	0.001	
20:2 n-6 c,c,c.....g	0.000	0.000	13	A	1		0.001	0.003	
20:3 undifferentiated.....g	0.001	0.000	13	AS	1		0.003	0.013	
20:3 n-3.....g	0.000	0.000	13	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	13	A	1		0.003	0.013	
20:4 undifferentiated.....g	0.002	0.000	13	A	1		0.004	0.018	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	13	A	1		0.001	0.005	
21:5.....g									
22:4.....g	0.000	0.000	13	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.001	0.000	13	A	1		0.003	0.010	
22:6 n-3 (DHA).....g	0.000	0.000	13	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5	0.130	8	A	1		11	46	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0	A	1		0.126	0.503	
Threonine.....g	0.156		0	A	1		0.391	1.562	

NDB No. 01104

Milk, chocolate, lowfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Isoleucine.....g	0.156		0	A	1		0.391	1.562	
Leucine.....g	0.307		0	A	1		0.767	3.070	
Lysine.....g	0.257		0	A	1		0.642	2.566	
Methionine.....g	0.078		0	A	1		0.195	0.781	
Cystine.....g	0.033		0	A	1		0.083	0.334	
Phenylalanine.....g	0.156		0	A	1		0.391	1.562	
Tyrosine.....g	0.134		0	A	1		0.334	1.338	
Valine.....g	0.201		0	A	1		0.502	2.009	
Arginine.....g	0.117		0	A	1		0.293	1.172	
Histidine.....g	0.089		0	A	1		0.223	0.892	
Alanine.....g	0.112		0	A	1		0.279	1.116	
Aspartic acid.....g	0.301		0	A	1		0.753	3.013	
Glutamic acid.....g	0.720		0	A	1		1.799	7.197	
Glycine.....g	0.067		0	A	1		0.167	0.668	
Proline.....g	0.307		0	A	1		0.767	3.070	
Serine.....g	0.190		0	A	1		0.474	1.897	
Hydroxyproline.....g	0.000		3	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	1	0.295	5	A	1		3	14	
Theobromine.....mg	12	1.198	5	A	1		31	124	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 1000g: 1 quart

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.90		1		1		1.39	5.54	
Energy.....kcal	354		0	NC	4		100	400	
Energy.....kJ	1480				4		420	1673	
Protein (N x 6.38).....g	35.50		1		1		10.06	40.12	
Total lipid (fat).....g	0.20		1		1		0.06	0.23	
Ash.....g	7.60		1		1		2.15	8.59	
Carbohydrate, by difference.....g	51.80		0		4		14.69	58.53	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	280		1		1		79	316	
Iron, Fe.....mg	0.32		0		4		0.09	0.36	
Magnesium, Mg.....mg	60		1		1		17	68	
Phosphorus, P.....mg	1011		1		1		287	1142	
Potassium, K.....mg	680		1		1		193	768	
Sodium, Na.....mg	2280		1		1		646	2576	
Zinc, Zn.....mg	4.03		0		4		1.14	4.55	
Copper, Cu.....mg	0.016		0		1		0.005	0.018	
Manganese, Mn.....mg	0.008		0		1		0.002	0.009	
Selenium, Se.....µg	27.3	2.950	9	A	1		7.7	30.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.7		0		4		1.9	7.5	
Thiamin.....mg	0.163		0		1		0.046	0.184	
Riboflavin.....mg	1.642		0		1		0.466	1.855	
Niacin.....mg	0.665		0		1		0.189	0.751	
Pantothenic acid.....mg	3.312		0		1		0.939	3.743	
Vitamin B-6.....mg	0.298		0		1		0.084	0.337	
Folate, total.....µg	50		0		4		14	56	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	50		0		4		14	56	
Folate, DFE.....µg	50		0	NC	4		14	56	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.98		0		1		1.13	4.49	
Vitamin A, RAE.....µg	2		0	NC	4		0	2	
Retinol.....µg	1		0	NC	4		0	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8		0		1		2	9	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.124		0		1		0.035	0.140	
4:0.....g	0.006		0		1		0.002	0.007	
6:0.....g	0.004		0		1		0.001	0.005	
8:0.....g	0.002		0		1		0.001	0.002	
10:0.....g	0.005		0		1		0.001	0.006	
12:0.....g	0.006		0		1		0.002	0.007	
13:0.....g									
14:0.....g	0.020		0		1		0.006	0.023	
15:0.....g									
16:0.....g	0.053		0		1		0.015	0.060	
17:0.....g									
18:0.....g	0.024		0		1		0.007	0.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.058		0		1		0.016	0.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.014	0.057	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.002	0.008	
18:2 undifferentiated.....g	0.005		0		1		0.001	0.006	
18:3 undifferentiated.....g	0.003		0		1		0.001	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		1	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.501		0		1		0.142	0.566	
Threonine.....g	1.603		0		1		0.454	1.811	
Isoleucine.....g	2.148		0		1		0.609	2.427	
Leucine.....g	3.478		0		1		0.986	3.930	
Lysine.....g	2.816		0		1		0.798	3.182	
Methionine.....g	0.890		0		1		0.252	1.006	
Cystine.....g	0.328		0		1		0.093	0.371	
Phenylalanine.....g	1.714		0		1		0.486	1.937	
Tyrosine.....g	1.714		0		1		0.486	1.937	
Valine.....g	2.376		0		1		0.674	2.685	
Arginine.....g	1.285		0		1		0.364	1.452	
Histidine.....g	0.963		0		1		0.273	1.088	
Alanine.....g	1.224		0		1		0.347	1.383	
Aspartic acid.....g	2.693		0		1		0.763	3.043	
Glutamic acid.....g	7.434		0		1		2.108	8.400	
Glycine.....g	0.751		0		1		0.213	0.849	
Proline.....g	3.439		0		1		0.975	3.886	
Serine.....g	1.931		0		1		0.547	2.182	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 113g: .25 lb

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3	
			Points	Deriv Code	Source Code Confidence Code				
Proximates:									
Water.....g	3.96	0.044	216		1	2.69	3.60	0.91	
Energy.....kcal	358		0	NC	4	244	326	82	
Energy.....kJ	1499		0		4	1019	1364	345	
Protein (N x 6.38).....g	35.10	0.139	89		1	23.87	31.94	8.07	
Total lipid (fat).....g	0.72	0.018	164		1	0.49	0.66	0.17	
Ash.....g	8.03	0.073	14		1	5.46	7.31	1.85	
Carbohydrate, by difference.....g	52.19		0	NC	4	35.49	47.49	12.00	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	52.19		0	NR	4	35.49	47.49	12.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1231	25.365	16		1	837	1120	283	
Iron, Fe.....mg	0.31	0.038	13		1	0.21	0.28	0.07	
Magnesium, Mg.....mg	117	11.071	14		1	80	107	27	
Phosphorus, P.....mg	985	21.031	17		1	670	896	226	
Potassium, K.....mg	1705	51.818	11		1	1160	1552	392	
Sodium, Na.....mg	549	15.570	7		1	373	499	126	
Zinc, Zn.....mg	4.41	0.124	10		1	3.00	4.01	1.01	
Copper, Cu.....mg	0.041		0		1	0.028	0.037	0.009	
Manganese, Mn.....mg	0.020		0		1	0.014	0.018	0.005	
Selenium, Se.....µg	27.3	2.953	9	A	1	18.6	24.8	6.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.6	0.445	28		1	3.8	5.1	1.3	
Thiamin.....mg	0.413	0.006	31		1	0.281	0.376	0.095	
Riboflavin.....mg	1.744	0.040	31		1	1.186	1.587	0.401	
Niacin.....mg	0.891	0.042	29		1	0.606	0.811	0.205	
Pantothenic acid.....mg	3.235	0.068	34		1	2.200	2.944	0.744	
Vitamin B-6.....mg	0.345	0.007	31		1	0.235	0.314	0.079	
Folate, total.....µg	50		0		1	34	45	11	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	50		0		1	34	45	11	
Folate, DFE.....µg	50		0	NC	4	34	45	11	
Choline, total.....mg	167.8		0	BFSN	4	114.1	152.7	38.6	
Betaine.....mg									
Vitamin B-12.....µg	3.99	0.327	17		1	2.72	3.63	0.92	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	709		0	NC	4	482	645	163	
Retinol.....µg	709		0	NC	4	482	645	163	
Carotene, beta.....µg	1		0	BFFN	4	1	1	0	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	2365		0	NC	4	1608	2152	544	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFFN	4	0.01	0.01	0.00	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	11.0		0	NR	4	7.5	10.0	2.5	
Vitamin D.....IU	440		0	T	4	299	400	101	
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4	0.0	0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01092

Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	0.467		0		1	0.318	0.425	0.107
4:0.....g	0.026	0.005	4		1	0.018	0.024	0.006
6:0.....g	0.006	0.001	4		1	0.004	0.005	0.001
8:0.....g	0.007	0.001	5		1	0.005	0.006	0.002
10:0.....g	0.017	0.003	5		1	0.012	0.015	0.004
12:0.....g	0.013	0.005	5		1	0.009	0.012	0.003
13:0.....g								
14:0.....g	0.078	0.005	5		1	0.053	0.071	0.018
15:0.....g								
16:0.....g	0.220	0.010	5		1	0.150	0.200	0.051
17:0.....g								
18:0.....g	0.080	0.003	5		1	0.054	0.073	0.018
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.187		0		1	0.127	0.170	0.043
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.021	0.002	5		1	0.014	0.019	0.005
17:1.....g								
18:1 undifferentiated.....g	0.156	0.004	5		1	0.106	0.142	0.036
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.028		0		1	0.019	0.025	0.006
18:2 undifferentiated.....g	0.018	0.004	5		1	0.012	0.016	0.004
18:3 undifferentiated.....g	0.011	0.003	5		1	0.007	0.010	0.003
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	18	1.853	8		1	12	17	4
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.495		0		1	0.337	0.450	0.114
Threonine.....g	1.584		0		1	1.077	1.441	0.364
Isoleucine.....g	2.124		0		1	1.444	1.933	0.489
Leucine.....g	3.438		0		1	2.338	3.129	0.791
Lysine.....g	2.784		0		1	1.893	2.533	0.640
Methionine.....g	0.880		0		1	0.598	0.801	0.202
Cystine.....g	0.325		0		1	0.221	0.296	0.075
Phenylalanine.....g	1.694		0		1	1.152	1.542	0.390
Tyrosine.....g	1.694		0		1	1.152	1.542	0.390
Valine.....g	2.349		0		1	1.597	2.138	0.540
Arginine.....g	1.271		0		1	0.864	1.157	0.292
Histidine.....g	0.952		0		1	0.647	0.866	0.219
Alanine.....g	1.210		0		1	0.823	1.101	0.278
Aspartic acid.....g	2.663		0		1	1.811	2.423	0.612
Glutamic acid.....g	7.350		0		1	4.998	6.689	1.691
Glycine.....g	0.743		0		1	0.505	0.676	0.171
Proline.....g	3.400		0		1	2.312	3.094	0.782
Serine.....g	1.909		0		1	1.298	1.737	0.439
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 68g: 1 cup
- Measure 2 = 91g: 1 envelope (1-1/3 cup)
- Measure 3 = 23g: .333 cup (makes 1 cup reconstituted milk)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01155

Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.470		0		1		0.320	0.428	
4:0.....g	0.026	0.005	4		1		0.018	0.024	
6:0.....g	0.006	0.001	4		1		0.004	0.005	
8:0.....g	0.007	0.001	5		1		0.005	0.006	
10:0.....g	0.017	0.003	5		1		0.012	0.015	
12:0.....g	0.013	0.005	5		1		0.009	0.012	
13:0.....g									
14:0.....g	0.078	0.005	5		1		0.053	0.071	
15:0.....g									
16:0.....g	0.220	0.010	5		1		0.150	0.200	
17:0.....g									
18:0.....g	0.080	0.003	5		1		0.054	0.073	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.190		0		1		0.129	0.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021	0.002	5		1		0.014	0.019	
17:1.....g									
18:1 undifferentiated.....g	0.156	0.004	5		1		0.106	0.142	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.020	0.027	
18:2 undifferentiated.....g	0.018	0.004	5		1		0.012	0.016	
18:3 undifferentiated.....g	0.011	0.003	5		1		0.007	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		1		12	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.495		0		1		0.337	0.450	
Threonine.....g	1.584		0		1		1.077	1.441	
Isoleucine.....g	2.124		0		1		1.444	1.933	
Leucine.....g	3.438		0		1		2.338	3.129	
Lysine.....g	2.784		0		1		1.893	2.533	
Methionine.....g	0.880		0		1		0.598	0.801	
Cystine.....g	0.325		0		1		0.221	0.296	
Phenylalanine.....g	1.694		0		1		1.152	1.542	
Tyrosine.....g	1.694		0		1		1.152	1.542	
Valine.....g	2.349		0		1		1.597	2.138	
Arginine.....g	1.271		0		1		0.864	1.157	
Histidine.....g	0.952		0		1		0.647	0.866	
Alanine.....g	1.210		0		1		0.823	1.101	
Aspartic acid.....g	2.663		0		1		1.811	2.423	
Glutamic acid.....g	7.350		0		1		4.998	6.689	
Glycine.....g	0.743		0		1		0.505	0.676	
Proline.....g	3.400		0		1		2.312	3.094	
Serine.....g	1.909		0		1		1.298	1.737	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 68g: 1 cup
- Measure 2 = 91g: 1 envelope (1-1/3 cup)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01154

Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				
									Confidence Code
Proximates:									
Water.....g	3.16		0		1	0.95	3.79		
Energy.....kcal	362		0	NC	4	109	435		
Energy.....kJ	1516		0		4	455	1819		
Protein (N x 6.38).....g	36.16		0		1	10.85	43.39		
Total lipid (fat).....g	0.77		0		1	0.23	0.92		
Ash.....g	7.93		0		1	2.38	9.52		
Carbohydrate, by difference.....g	51.98		0	NC	4	15.59	62.38		
Fiber, total dietary.....g	0.0		0		4	0.0	0.0		
Sugars, total.....g	51.98		0	BFZN	4	15.59	62.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1257		0		1	377	1508		
Iron, Fe.....mg	0.32		0		1	0.10	0.38		
Magnesium, Mg.....mg	110	3.072	9		1	33	132		
Phosphorus, P.....mg	968		0		1	290	1162		
Potassium, K.....mg	1794		0		1	538	2153		
Sodium, Na.....mg	535		0		1	161	642		
Zinc, Zn.....mg	4.08	0.108	7		1	1.22	4.90		
Copper, Cu.....mg	0.041		0		1	0.012	0.049		
Manganese, Mn.....mg	0.020		0		1	0.006	0.024		
Selenium, Se.....µg	27.3	2.950	9	A	1	8.2	32.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.8		0		1	2.0	8.1		
Thiamin.....mg	0.415		0		1	0.125	0.498		
Riboflavin.....mg	1.550		0		1	0.465	1.860		
Niacin.....mg	0.951		0		1	0.285	1.141		
Pantothenic acid.....mg	3.568	0.075	16		1	1.070	4.282		
Vitamin B-6.....mg	0.361	0.015	28		1	0.108	0.433		
Folate, total.....µg	50		0		1	15	60		
Folic acid.....µg	0		0	Z	7	0	0		
Folate, food.....µg	50		0		1	15	60		
Folate, DFE.....µg	50		0	NC	4	15	60		
Choline, total.....mg	169.2		0	BFZN	4	50.8	203.0		
Betaine.....mg									
Vitamin B-12.....µg	4.03	0.348	15		1	1.21	4.84		
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE.....µg	653		0	NC	4	196	784		
Retinol.....µg	653		0	NC	4	196	784		
Carotene, beta.....µg	1		0	BFZN	4	0	1		
Carotene, alpha.....µg	0		0	Z	7	0	0		
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0		
Vitamin A, IU.....IU	2179		0	NC	4	654	2614		
Lycopene.....µg	0		0	Z	7	0	0		
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7	0.00	0.00		
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	11.0		0	AS	1	3.3	13.2		
Vitamin D.....IU	440		0	BFZN	4	132	528		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4	0.0	0.1		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01154

Milk, dry, nonfat, regular, with added vitam in A and vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.499		0		1		0.150	0.599	
4:0.....g	0.028	0.005	4		1		0.008	0.034	
6:0.....g	0.006	0.001	4		1		0.002	0.007	
8:0.....g	0.007	0.001	5		1		0.002	0.008	
10:0.....g	0.018	0.003	5		1		0.005	0.022	
12:0.....g	0.014	0.005	5		1		0.004	0.017	
13:0.....g									
14:0.....g	0.083	0.005	5		1		0.025	0.100	
15:0.....g									
16:0.....g	0.235	0.010	5		1		0.071	0.282	
17:0.....g									
18:0.....g	0.085	0.003	5		1		0.026	0.102	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0		1		0.060	0.240	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.002	5		1		0.007	0.026	
17:1.....g									
18:1 undifferentiated.....g	0.167		0		1		0.050	0.200	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.009	0.036	
18:2 undifferentiated.....g	0.019		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.011	0.003	5		1		0.003	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0		1		6	24	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.510		0		1		0.153	0.612	
Threonine.....g	1.632		0		1		0.490	1.958	
Isoleucine.....g	2.188		0		1		0.656	2.626	
Leucine.....g	3.542		0		1		1.063	4.250	
Lysine.....g	2.868		0		1		0.860	3.442	
Methionine.....g	0.907		0		1		0.272	1.088	
Cystine.....g	0.334		0		1		0.100	0.401	
Phenylalanine.....g	1.746		0		1		0.524	2.095	
Tyrosine.....g	1.746		0		1		0.524	2.095	
Valine.....g	2.420		0		1		0.726	2.904	
Arginine.....g	1.309		0		1		0.393	1.571	
Histidine.....g	0.981		0		1		0.294	1.177	
Alanine.....g	1.247		0		1		0.374	1.496	
Aspartic acid.....g	2.743		0		1		0.823	3.292	
Glutamic acid.....g	7.572		0		1		2.272	9.086	
Glycine.....g	0.765		0		1		0.230	0.918	
Proline.....g	3.503		0		1		1.051	4.204	
Serine.....g	1.967		0		1		0.590	2.360	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01154
Milk, dry, nonfat, regular, with added vitam in A and vitam in D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .25 cup
Measure 2 = 120g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01091
Milk, dry, nonfat, regular, without added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.16	0.021	382		1		0.95	3.79	0.73
Energy.....kcal	362		0	NC	4		109	435	83
Energy.....kJ	1516		0		4		455	1819	349
Protein (N x 6.38).....g	36.16	0.081	183		1		10.85	43.39	8.32
Total lipid (fat).....g	0.77	0.009	351		1		0.23	0.92	0.18
Ash.....g	7.93		104		1		2.38	9.52	1.82
Carbohydrate, by difference.....g	51.98		0	NC	4		15.59	62.38	11.96
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	51.98		0	NR	4		15.59	62.38	11.96
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1257	30.776	12		1		377	1508	289
Iron, Fe.....mg	0.32	0.058	6		1		0.10	0.38	0.07
Magnesium, Mg.....mg	110	3.072	9		1		33	132	25
Phosphorus, P.....mg	968	25.372	13		1		290	1162	223
Potassium, K.....mg	1794	3.503	2400		1		538	2153	413
Sodium, Na.....mg	535	17.449	6		1		161	642	123
Zinc, Zn.....mg	4.08	0.108	7		1		1.22	4.90	0.94
Copper, Cu.....mg	0.041		0		1		0.012	0.049	0.009
Manganese, Mn.....mg	0.020		0		1		0.006	0.024	0.005
Selenium, Se.....µg	27.3	2.953	9	A	1		8.2	32.8	6.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.8	0.725	14		1		2.0	8.1	1.6
Thiamin.....mg	0.415	0.014	24		1		0.125	0.498	0.095
Riboflavin.....mg	1.550	0.043	24		1		0.465	1.860	0.357
Niacin.....mg	0.951	0.050	25		1		0.285	1.141	0.219
Pantothenic acid.....mg	3.568	0.075	16		1		1.070	4.282	0.821
Vitamin B-6.....mg	0.361	0.015	28		1		0.108	0.433	0.083
Folate, total.....µg	50		0		1		15	60	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	50		0		1		15	60	12
Folate, DFE.....µg	50		0	NC	4		15	60	12
Choline, total.....mg	169.2		0	BFSN	4		50.8	203.0	38.9
Betaine.....mg									
Vitamin B-12.....µg	4.03	0.348	15		1		1.21	4.84	0.93
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	6		0	NC	4		2	7	1
Retinol.....µg	6		0	NC	4		2	7	1
Carotene, beta.....µg	1		0	BFFN	4		0	1	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	22		0	NC	4		7	26	5
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4		0.0	0.1	0.0

Milk, dry, nonfat, regular, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.499		0		1		0.150	0.599	0.115
4:0.....g	0.028	0.005	4		1		0.008	0.034	0.006
6:0.....g	0.006	0.001	4		1		0.002	0.007	0.001
8:0.....g	0.007	0.001	5		1		0.002	0.008	0.002
10:0.....g	0.018	0.003	5		1		0.005	0.022	0.004
12:0.....g	0.014	0.005	5		1		0.004	0.017	0.003
13:0.....g									
14:0.....g	0.083	0.005	5		1		0.025	0.100	0.019
15:0.....g									
16:0.....g	0.235	0.010	5		1		0.071	0.282	0.054
17:0.....g									
18:0.....g	0.085	0.003	5		1		0.026	0.102	0.020
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.201		0		1		0.060	0.241	0.046
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.002	5		1		0.007	0.026	0.005
17:1.....g									
18:1 undifferentiated.....g	0.167	0.003	5		1		0.050	0.200	0.038
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.009	0.036	0.007
18:2 undifferentiated.....g	0.019	0.004	5		1		0.006	0.023	0.004
18:3 undifferentiated.....g	0.011	0.003	5		1		0.003	0.013	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0		1		6	24	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.510		0		1		0.153	0.612	0.117
Threonine.....g	1.632		0		1		0.490	1.958	0.375
Isoleucine.....g	2.188		0		1		0.656	2.626	0.503
Leucine.....g	3.542		0		1		1.063	4.250	0.815
Lysine.....g	2.868		0		1		0.860	3.442	0.660
Methionine.....g	0.907		0		1		0.272	1.088	0.209
Cystine.....g	0.334		0		1		0.100	0.401	0.077
Phenylalanine.....g	1.746		0		1		0.524	2.095	0.402
Tyrosine.....g	1.746		0		1		0.524	2.095	0.402
Valine.....g	2.420		0		1		0.726	2.904	0.557
Arginine.....g	1.309		0		1		0.393	1.571	0.301
Histidine.....g	0.981		0		1		0.294	1.177	0.226
Alanine.....g	1.247		0		1		0.374	1.496	0.287
Aspartic acid.....g	2.743		0		1		0.823	3.292	0.631
Glutamic acid.....g	7.572		0		1		2.272	9.086	1.742
Glycine.....g	0.765		0		1		0.230	0.918	0.176
Proline.....g	3.503		0		1		1.051	4.204	0.806
Serine.....g	1.967		0		1		0.590	2.360	0.452
Hydroxyproline.....g									

NDB No. 01091
Milk, dry, nonfat, regular, without added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code	Code		
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 30g: .25 cup
Measure 2 = 120g: 1 cup
Measure 3 = 23g: 5 tbsp

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate**3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, dry, whole, with added vitamin D

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Proximates:</u>									
Water.....g	2.47	0.130	25		1		0.79	3.16	
Energy.....kcal	496		0	NC	4		159	635	
Energy.....kJ	2075		0		4		664	2656	
Protein (N x 6.38).....g	26.32	0.175	22		1		8.42	33.69	
Total lipid (fat).....g	26.71	0.250	30		1		8.55	34.19	
Ash.....g	6.08	0.092	20		1		1.95	7.78	
Carbohydrate, by difference.....g	38.42		0	NC	4		12.29	49.18	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	38.42		0	NR	4		12.29	49.18	
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	912	17.766	18		1		292	1168	
Iron, Fe.....mg	0.47	0.065	12		1		0.15	0.60	
Magnesium, Mg.....mg	85	1.465	15		1		27	108	
Phosphorus, P.....mg	776	14.251	18		1		248	993	
Potassium, K.....mg	1330	41.231	15		1		426	1702	
Sodium, Na.....mg	371	15.131	7		1		119	475	
Zinc, Zn.....mg	3.34		1		1		1.07	4.28	
Copper, Cu.....mg	0.080		0		1		0.026	0.102	
Manganese, Mn.....mg	0.040		0		1		0.013	0.051	
Selenium, Se.....µg	16.3		0	BFFN	4		5.2	20.9	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid.....mg	8.6	0.454	11		1		2.8	11.1	
Thiamin.....mg	0.283	0.016	18		1		0.091	0.362	
Riboflavin.....mg	1.205	0.031	23		1		0.386	1.542	
Niacin.....mg	0.646	0.024	22		1		0.207	0.827	
Pantothenic acid.....mg	2.271	0.086	20		1		0.727	2.907	
Vitamin B-6.....mg	0.302	0.028	41		1		0.097	0.387	
Folate, total.....µg	37		0		1		12	47	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	37		0		1		12	47	
Folate, DFE.....µg	37		0	NC	4		12	47	
Choline, total.....mg	119.3		0	BFSN	4		38.2	152.8	
Betaine.....mg									
Vitamin B-12.....µg	3.25	0.289	31		1		1.04	4.16	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	258		0	NC	4		82	330	
Retinol.....µg	253		0	NC	4		81	324	
Carotene, beta.....µg	55		0	BFFN	4		17	70	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	934		0	NC	4		299	1196	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.58		0	BFFN	4		0.19	0.74	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	10.5		0	AS	1		3.4	13.4	
Vitamin D.....IU	420		0	BFFN	4		134	537	
Vitamin K (phylloquinone).....µg	2								

NDB No. 01090
Milk, dry, whole, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<u>Lipids:</u>									
Fatty acids, total saturated.....g	16.742		0		1		5.357	21.430	
4:0.....g	0.866		1		1		0.277	1.108	
6:0.....g	0.240		2		1		0.077	0.307	
8:0.....g	0.269		2		1		0.086	0.344	
10:0.....g	0.596		2		1		0.191	0.763	
12:0.....g	0.614		2		1		0.196	0.786	
13:0.....g									
14:0.....g	2.820		2		1		0.902	3.610	
15:0.....g									
16:0.....g	7.522		2		1		2.407	9.628	
17:0.....g									
18:0.....g	2.853		2		1		0.913	3.652	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.924		0		1		2.536	10.143	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.196		2		1		0.383	1.531	
17:1.....g									
18:1 undifferentiated.....g	6.192		2		1		1.981	7.926	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.665		0		1		0.213	0.851	
18:2 undifferentiated.....g	0.460		2		1		0.147	0.589	
18:3 undifferentiated.....g	0.204		2		1		0.065	0.261	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		2		1		31	124	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.371		0		1		0.119	0.475	
Threonine.....g	1.188		0		1		0.380	1.521	
Isoleucine.....g	1.592		0		1		0.509	2.038	
Leucine.....g	2.578		0		1		0.825	3.300	
Lysine.....g	2.087		0		1		0.668	2.671	
Methionine.....g	0.660		0		1		0.211	0.845	
Cystine.....g	0.243		0		1		0.078	0.311	
Phenylalanine.....g	1.271		0		1		0.407	1.627	
Tyrosine.....g	1.271		0		1		0.407	1.627	
Valine.....g	1.762		0		1		0.564	2.255	
Arginine.....g	0.953		0		1		0.305	1.220	
Histidine.....g	0.714		0		1		0.228	0.914	
Alanine.....g	0.908		0		1		0.291	1.162	
Aspartic acid.....g	1.997		0		1		0.639	2.556	
Glutamic acid.....g	5.512		0		1		1.764	7.055	
Glycine.....g	0.557		0		1		0.178	0.713	
Proline.....g	2.549		0		1		0.816	3.263	
Serine.....g	1.432		0		1		0.458	1.833	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01090
Milk, dry, whole, with added vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 32g: .25 cup
Measure 2 = 128g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01212
Milk, dry, whole, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	16.742		0		1		21.430	5.357	
4:0.....g	0.866		1		1		1.108	0.277	
6:0.....g	0.240		2		1		0.307	0.077	
8:0.....g	0.269		2		1		0.344	0.086	
10:0.....g	0.596		2		1		0.763	0.191	
12:0.....g	0.614		2		1		0.786	0.196	
13:0.....g									
14:0.....g	2.820		2		1		3.610	0.902	
15:0.....g									
16:0.....g	7.522		2		1		9.628	2.407	
17:0.....g									
18:0.....g	2.853		2		1		3.652	0.913	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.924		0		1		10.143	2.536	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.196		2		1		1.531	0.383	
17:1.....g									
18:1 undifferentiated.....g	6.192		2		1		7.926	1.981	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.665		0		1		0.851	0.213	
18:2 undifferentiated.....g	0.460		2		1		0.589	0.147	
18:3 undifferentiated.....g	0.204		2		1		0.261	0.065	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		2		1		124	31	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.371		0		1		0.475	0.119	
Threonine.....g	1.188		0		1		1.521	0.380	
Isoleucine.....g	1.592		0		1		2.038	0.509	
Leucine.....g	2.578		0		1		3.300	0.825	
Lysine.....g	2.087		0		1		2.671	0.668	
Methionine.....g	0.660		0		1		0.845	0.211	
Cystine.....g	0.243		0		1		0.311	0.078	
Phenylalanine.....g	1.271		0		1		1.627	0.407	
Tyrosine.....g	1.271		0		1		1.627	0.407	
Valine.....g	1.762		0		1		2.255	0.564	
Arginine.....g	0.953		0		1		1.220	0.305	
Histidine.....g	0.714		0		1		0.914	0.228	
Alanine.....g	0.908		0		1		1.162	0.291	
Aspartic acid.....g	1.997		0		1		2.556	0.639	
Glutamic acid.....g	5.512		0		1		7.055	1.764	
Glycine.....g	0.557		0		1		0.713	0.178	
Proline.....g	2.549		0		1		3.263	0.816	
Serine.....g	1.432		0		1		1.833	0.458	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01212
Milk, dry, whole, without added vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 128g: 1 cup
Measure 2 = 32g: .25 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, evaporated, 2% fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
										Number
										of Data
Proximates:										
Water.....g	74.04	0.085	15		1		186.58	23.32	273.21	
Energy.....kcal	107		0	NC	4		270	34	395	
Energy.....kJ	448		0	NC	4		1129	141	1653	
Protein (N x 6.38).....g	6.67		0		8		16.80	2.10	24.60	
Total lipid (fat).....g	2.00		0		8		5.04	0.63	7.38	
Ash.....g	1.55	0.023	5		1		3.91	0.49	5.72	
Carbohydrate, by difference.....g	15.74		0	NC	4		39.67	4.96	58.09	
Fiber, total dietary.....g	0.0		0		8		0.0	0.0	0.0	
Sugars, total.....g	6.67		0		8		16.80	2.10	24.60	
Starch.....g										
Minerals:										
Calcium, Ca.....mg	267		0		8		672	84	984	
Iron, Fe.....mg	0.19	0.011	59		1		0.48	0.06	0.70	
Magnesium, Mg.....mg	24	0.716	6		1		61	8	89	
Phosphorus, P.....mg	203	8.254	37		1		510	64	747	
Potassium, K.....mg	303	8.691	10		1		764	95	1118	
Sodium, Na.....mg	100		0		8		252	32	369	
Zinc, Zn.....mg	0.77	0.027	26		1		1.94	0.24	2.84	
Copper, Cu.....mg	0.016		0		1		0.040	0.005	0.059	
Manganese, Mn.....mg	0.006		0		1		0.015	0.002	0.022	
Selenium, Se.....µg	2.3	0.280	13	A	1		5.8	0.7	8.5	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	16.0		0		8		40.3	5.0	59.0	
Thiamin.....mg	0.047	0.002	42		1		0.118	0.015	0.173	
Riboflavin.....mg	0.316	0.006	41		1		0.796	0.100	1.166	
Niacin.....mg	0.194	0.010	36		1		0.489	0.061	0.716	
Pantothenic acid.....mg	0.638	0.032	5		1		1.608	0.201	2.354	
Vitamin B-6.....mg	0.050	0.002	21		1		0.126	0.016	0.185	
Folate, total.....µg	8		1		1		20	2	29	
Folic acid.....µg	0		0	Z	7		0	0	0	
Folate, food.....µg	8		1		1		20	2	29	
Folate, DFE.....µg	8		0	NC	4		20	2	29	
Choline, total.....mg	16.6		0	BFFN	4		41.8	5.2	61.2	
Betaine.....mg										
Vitamin B-12.....µg	0.16	0.015	9		1		0.41	0.05	0.60	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE.....µg	56		0	NC	4		141	18	207	
Retinol.....µg	56		0	BFFN	4		140	18	205	
Carotene, beta.....µg	4		0	BFFN	4		10	1	15	
Carotene, alpha.....µg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0	
Vitamin A, IU.....IU	192		0	NC	4		484	61	709	
Lycopene.....µg	0		0	Z	7		0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	NR	4		0.45	0.06	0.66	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta.....mg										
Tocopherol, gamma.....mg										
Tocopherol, delta.....mg										
Tocotrienol, alpha.....mg										
Tocotrienol, beta.....mg										
Tocotrienol, gamma.....mg										
Tocotrienol, delta.....mg										
Vitamin D (D2 + D3).....µg	4.0		0	NR	4		10.1	1.3	14.8	
Vitamin D.....IU	160		0		8		403	50	590	
Vitamin K (phylloquinone).....µg	0.2		0	BFFN	4		0.4	0.1	0.7	

NDB No. 01291

Milk, evaporated, 2% fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Confidence			
				Code	Code			
Lipids:								
Fatty acids, total saturated.....g	1.204		0	NC	4	3.035	0.379	4.443
4:0.....g	0.054		1		1	0.137	0.017	0.200
6:0.....g	0.037		1		1	0.094	0.012	0.137
8:0.....g	0.015		2		1	0.038	0.005	0.055
10:0.....g	0.031	0.017	11		1	0.077	0.010	0.113
12:0.....g	0.045	0.015	12		1	0.113	0.014	0.165
13:0.....g								
14:0.....g	0.204	0.035	12		1	0.513	0.064	0.751
15:0.....g								
16:0.....g	0.563	0.060	12		1	1.419	0.177	2.078
17:0.....g								
18:0.....g	0.256	0.027	12		1	0.645	0.081	0.944
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.628		0	NC	4	1.582	0.198	2.317
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.044	0.012	12		1	0.111	0.014	0.163
17:1.....g								
18:1 undifferentiated.....g	0.584	0.049	12		1	1.471	0.184	2.154
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.068		0	NC	4	0.172	0.021	0.251
18:2 undifferentiated.....g	0.046	0.017	12		1	0.117	0.015	0.171
18:3 undifferentiated.....g	0.022		2		1	0.055	0.007	0.080
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0		8	0.000	0.000	0.000
Cholesterol.....mg	0		0		8	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.096		0		1	0.242	0.030	0.354
Threonine.....g	0.307		0		1	0.774	0.097	1.133
Isoleucine.....g	0.412		0		1	1.038	0.130	1.520
Leucine.....g	0.667		0		1	1.681	0.210	2.461
Lysine.....g	0.540		0		1	1.361	0.170	1.993
Methionine.....g	0.171		0		1	0.431	0.054	0.631
Cystine.....g	0.063		0		1	0.159	0.020	0.232
Phenylalanine.....g	0.329		0		1	0.829	0.104	1.214
Tyrosine.....g	0.329		0		1	0.829	0.104	1.214
Valine.....g	0.456		0		1	1.149	0.144	1.683
Arginine.....g	0.247		0		1	0.622	0.078	0.911
Histidine.....g	0.185		0		1	0.466	0.058	0.683
Alanine.....g	0.235		0		1	0.592	0.074	0.867
Aspartic acid.....g	0.517		0		1	1.303	0.163	1.908
Glutamic acid.....g	1.426		0		1	3.594	0.449	5.262
Glycine.....g	0.144		0		1	0.363	0.045	0.531
Proline.....g	0.660		0		1	1.663	0.208	2.435
Serine.....g	0.370		0		1	0.932	0.117	1.365
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 01291
Milk, evaporated, 2% fat, with added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 252g: 1 cup
Measure 2 = 31.5g: 1 fl oz
Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, filled, fluid, with blend of hydrogenated vegetable oils

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.67		0		1		213.91	855.66	
Energy.....kcal	63		0	NC	4		154	616	
Energy.....kJ	264				4		645	2579	
Protein (N x 6.38).....g	3.33		0		1		8.13	32.50	
Total lipid (fat).....g	3.46	0.078	9		1		8.44	33.77	
Ash.....g	0.80		0		1		1.95	7.81	
Carbohydrate, by difference.....g	4.74		0	NC	4		11.57	46.26	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		0		1		312	1247	
Iron, Fe.....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg.....mg	13		0		1		32	130	
Phosphorus, P.....mg	97		0		1		236	946	
Potassium, K.....mg	139		0		1		339	1357	
Sodium, Na.....mg	57		0		1		138	553	
Zinc, Zn.....mg	0.36		0		1		0.88	3.51	
Copper, Cu.....mg	0.010		0		1		0.024	0.098	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.0		0	BFNN	4		4.9	19.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		2.2	8.8	
Thiamin.....mg	0.030		0		1		0.073	0.293	
Riboflavin.....mg	0.123		0		1		0.300	1.200	
Niacin.....mg	0.087		0		1		0.212	0.849	
Pantothenic acid.....mg	0.301		0		1		0.734	2.938	
Vitamin B-6.....mg	0.040		0		1		0.098	0.390	
Folate, total.....µg	5		0		1		12	47	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		1		12	47	
Folate, DFE.....µg	5		0	NC	4		12	47	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.34		0		1		0.83	3.34	
Vitamin A, RAE.....µg	2		0		1		5	21	
Retinol.....µg	2		0		1		5	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	7		0		1		17	68	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyllonine.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01059

Milk, filled, fluid, with blend of hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	0.768		0		1		1.874	7.496	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.003	0.001	9		1		0.007	0.029	
10:0.....g	0.004	0.001	9		1		0.010	0.039	
12:0.....g	0.017	0.006	9		1		0.041	0.166	
13:0.....g									
14:0.....g	0.030	0.009	9		1		0.073	0.293	
15:0.....g									
16:0.....g	0.490	0.031	9		1		1.196	4.782	
17:0.....g									
18:0.....g	0.232	0.013	9		1		0.566	2.264	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.783		0		1		4.351	17.402	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001	0.001	9		1		0.002	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.785	0.051	9		1		4.355	17.422	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.830	7.320	
18:2 undifferentiated.....g	0.717	0.023	9		1		1.749	6.998	
18:3 undifferentiated.....g	0.027	0.006	9		1		0.066	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4	18	
Phytosterols.....mg	6		0		4		15	59	
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.115	0.459	
Threonine.....g	0.150		0		1		0.366	1.464	
Isoleucine.....g	0.201		0		1		0.490	1.962	
Leucine.....g	0.326		0		1		0.795	3.182	
Lysine.....g	0.264		0		1		0.644	2.577	
Methionine.....g	0.084		0		1		0.205	0.820	
Cystine.....g	0.031		0		1		0.076	0.303	
Phenylalanine.....g	0.161		0		1		0.393	1.571	
Tyrosine.....g	0.161		0		1		0.393	1.571	
Valine.....g	0.223		0		1		0.544	2.176	
Arginine.....g	0.121		0		1		0.295	1.181	
Histidine.....g	0.090		0		1		0.220	0.878	
Alanine.....g	0.115		0		1		0.281	1.122	
Aspartic acid.....g	0.253		0		1		0.617	2.469	
Glutamic acid.....g	0.697		0		1		1.701	6.803	
Glycine.....g	0.070		0		1		0.171	0.683	
Proline.....g	0.323		0		1		0.788	3.152	
Serine.....g	0.181		0		1		0.442	1.767	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01059

Milk, filled, fluid, with blend of hydrogenated vegetable oils

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, filled, fluid, with lauric acid oil

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number of Data Points		Deriv Code	Source Code	Confidence Code		Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	87.73	0.099	60		1		214.06	26.76	856.24
Energy.....kcal	63		0	NC	4		153	19	611
Energy.....kJ	262		0		4		639	80	2557
Protein (N x 6.38).....g	3.33	0.082	18		1		8.13	1.02	32.50
Total lipid (fat).....g	3.40	0.024	56		1		8.30	1.04	33.18
Ash.....g	0.80	0.031	4		1		1.95	0.24	7.81
Carbohydrate, by difference.....g	4.74		0	NC	4		11.57	1.45	46.26
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	4.74		0	NR	4		11.57	1.45	46.26
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128	5.984	7		1		312	39	1247
Iron, Fe.....mg	0.05		1		1		0.12	0.02	0.49
Magnesium, Mg.....mg	13		1		1		32	4	130
Phosphorus, P.....mg	97	5.864	6		1		236	30	946
Potassium, K.....mg	139		2		1		339	42	1357
Sodium, Na.....mg	57	3.287	3		1		138	17	553
Zinc, Zn.....mg	0.36		0		1		0.88	0.11	3.51
Copper, Cu.....mg	0.010		0		1		0.024	0.003	0.098
Manganese, Mn.....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se.....µg	2.0		0	BFFN	4		4.9	0.6	19.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		2.2	0.3	8.8
Thiamin.....mg	0.030		2		1		0.073	0.009	0.293
Riboflavin.....mg	0.123	0.019	7		1		0.300	0.038	1.200
Niacin.....mg	0.087	0.003	3		1		0.212	0.027	0.849
Pantothenic acid.....mg	0.301		0		1		0.734	0.092	2.938
Vitamin B-6.....mg	0.040		0		1		0.098	0.012	0.390
Folate, total.....µg	5		0		1		12	1	47
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5		0		1		12	1	47
Folate, DFE.....µg	5		0	NC	4		12	1	47
Choline, total.....mg	15.0		0	BFFN	4		36.7	4.6	146.8
Betaine.....mg									
Vitamin B-12.....µg	0.34		0		1		0.83	0.10	3.34
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	2		0	NC	4		5	1	20
Retinol.....µg	2		0	NC	4		5	1	20
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	7		0	NC	4		16	2	65
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.13		0	BFFN	4		0.32	0.04	1.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	

NDB No. 01060

Milk, filled, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	3.101		0		1		7.566	0.946	30.266
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.173	0.010	29		1		0.422	0.053	1.688
10:0.....g	0.130	0.008	29		1		0.317	0.040	1.269
12:0.....g	2.047	0.074	29		1		4.995	0.624	19.979
13:0.....g									
14:0.....g	0.399	0.026	29		1		0.974	0.122	3.894
15:0.....g									
16:0.....g	0.191	0.018	29		1		0.466	0.058	1.864
17:0.....g									
18:0.....g	0.148	0.012	29		1		0.361	0.045	1.444
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		0		1		0.244	0.031	0.976
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.100	0.014	29		1		0.244	0.031	0.976
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.024	0.003	0.098
18:2 undifferentiated.....g	0.008	0.003	29		1		0.020	0.002	0.078
18:3 undifferentiated.....g	0.000	0.000	29		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4	1	18
Phytosterols.....mg	3		0		4		7	1	29
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.115	0.014	0.459
Threonine.....g	0.150		0		1		0.366	0.046	1.464
Isoleucine.....g	0.201		0		1		0.490	0.061	1.962
Leucine.....g	0.326		0		1		0.795	0.099	3.182
Lysine.....g	0.264		0		1		0.644	0.081	2.577
Methionine.....g	0.084		0		1		0.205	0.026	0.820
Cystine.....g	0.031		0		1		0.076	0.009	0.303
Phenylalanine.....g	0.161		0		1		0.393	0.049	1.571
Tyrosine.....g	0.161		0		1		0.393	0.049	1.571
Valine.....g	0.223		0		1		0.544	0.068	2.176
Arginine.....g	0.121		0		1		0.295	0.037	1.181
Histidine.....g	0.090		0		1		0.220	0.027	0.878
Alanine.....g	0.115		0		1		0.281	0.035	1.122
Aspartic acid.....g	0.253		0		1		0.617	0.077	2.469
Glutamic acid.....g	0.697		0		1		1.701	0.213	6.803
Glycine.....g	0.070		0		1		0.171	0.021	0.683
Proline.....g	0.323		0		1		0.788	0.099	3.152
Serine.....g	0.181		0		1		0.442	0.055	1.767
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 244g: 1 cup
Measure 2 = 30.5g: 1 fl oz
Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01175

Milk, fluid, 1% fat, without added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number				measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.92	0.174	12	A	1		219.40	877.62	
Energy.....kcal	42		0	NC	4		103	412	
Energy.....kJ	177		0	NC	4		432	1728	
Protein (N x 0).....g	3.37	0.061	12	A	1		8.21	32.86	
Total lipid (fat).....g	0.97	0.026	6	JO	11		2.37	9.47	
Ash.....g	0.75	0.014	12	A	1		1.83	7.32	
Carbohydrate, by difference.....g	4.99		0	NC	4		12.18	48.74	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	5.20	0.104	12	A	1		12.68	50.72	
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	
Lactose.....g	5.20	0.104	12	A	1		12.68	50.72	
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	125	1.443	4	A	1		304	1215	
Iron, Fe.....mg	0.03	0.004	4	A	1		0.07	0.28	
Magnesium, Mg.....mg	11	0.093	22	A	1		26	106	
Phosphorus, P.....mg	95	0.368	21	A	1		233	930	
Potassium, K.....mg	150	1.088	11	A	1		365	1461	
Sodium, Na.....mg	44	0.760	23	A	1		107	429	
Zinc, Zn.....mg	0.42	0.003	11	A	1		1.03	4.12	
Copper, Cu.....mg	0.010	0.001	12	A	1		0.023	0.094	
Manganese, Mn.....mg	0.003	0.000	12	A	1		0.006	0.025	
Selenium, Se.....µg	3.3	0.301	12	A	1		8.1	32.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.020	0.002	12	A	1		0.049	0.198	
Riboflavin.....mg	0.185	0.005	12	A	1		0.451	1.805	
Niacin.....mg	0.093	0.003	12	A	1		0.226	0.904	
Pantothenic acid.....mg	0.361	0.014	4	A	1		0.880	3.518	
Vitamin B-6.....mg	0.037	0.001	12	A	1		0.090	0.360	
Folate, total.....µg	5	0.083	12	A	1		12	48	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.083	12	A	1		12	48	
Folate, DFE.....µg	5		0	NC	4		12	48	
Choline, total.....mg	17.7		0	AS	1		43.1	172.3	
Betaine.....mg	0.6		1	A	1		1.5	6.0	
Vitamin B-12.....µg	0.47	0.019	4	A	1		1.14	4.56	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	14		0	NC	4		33	132	
Retinol.....µg	13		0	BFFN	4		33	131	
Carotene, beta.....µg	2		0	BFZN	4		4	15	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	47		0	NC	4		115	462	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01	0.002	12	A	1		0.03	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	

NDB No. 01175

Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	BFFN	4		0.0	0.2	
Vitamin D.....IU	1		0	BFFN	4		2	7	
Vitamin K (phylloquinone).....µg	0.1	0.000	4	A	1		0.2	1.0	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.633		0	NC	4		1.543	6.173	
4:0.....g	0.024	0.002	4	A	1		0.058	0.233	
6:0.....g	0.018	0.002	4	A	1		0.043	0.173	
8:0.....g	0.013	0.000	4	A	1		0.031	0.123	
10:0.....g	0.027	0.001	4	A	1		0.067	0.266	
12:0.....g	0.029	0.001	4	A	1		0.072	0.288	
13:0.....g									
14:0.....g	0.091	0.002	4	A	1		0.222	0.889	
15:0.....g	0.010	0.000	4	A	1		0.024	0.096	
16:0.....g	0.287	0.001	4	A	1		0.700	2.801	
17:0.....g	0.006	0.000	4	A	1		0.014	0.055	
18:0.....g	0.126	0.004	4	A	1		0.308	1.230	
20:0.....g	0.002	0.000	4	A	1		0.005	0.019	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.277		0	NC	4		0.676	2.706	
14:1.....g	0.007	0.000	4	A	1		0.017	0.066	
15:1.....g	0.002	0.000	4	A	1		0.005	0.020	
16:1 undifferentiated.....g	0.017		0	AS	1		0.040	0.162	
16:1 c.....g	0.017	0.000	4	A	1		0.040	0.162	
16:1 t.....g									
17:1.....g	0.002	0.000	4	A	1		0.005	0.020	
18:1 undifferentiated.....g	0.250		0	AS	1		0.610	2.438	
18:1 c.....g	0.213	0.005	4	A	1		0.519	2.076	
18:1 t.....g	0.037	0.003	4	A	1		0.090	0.362	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0	NC	4		0.085	0.339	
18:2 undifferentiated.....g	0.030		0	AS	1		0.074	0.295	
18:2 n-6 c,c.....g	0.027	0.001	4	A	1		0.066	0.266	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.003	0.000	4	A	1		0.007	0.030	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.004		0	AS	1		0.011	0.043	
18:3 n-3 c,c,c (ALA).....g	0.004	0.000	4	A	1		0.011	0.043	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5	0.109	4	A	1				

NDB No. 01175

Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Cholesterol.....mg	5	0.109		A	1		12	46	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	
Campesterol.....mg	0	0.000	4	A	1		0	0	
Beta-sitosterol.....mg	0	0.000	4	A	1		0	0	
Amino Acids:									
Tryptophan.....g	0.043		0	A	1		0.105	0.420	
Threonine.....g	0.143		0	A	1		0.350	1.399	
Isoleucine.....g	0.174		0	A	1		0.425	1.700	
Leucine.....g	0.319		0	A	1		0.777	3.110	
Lysine.....g	0.282		0	A	1		0.687	2.748	
Methionine.....g	0.088		0	A	1		0.215	0.860	
Cystine.....g	0.020		0	A	1		0.050	0.200	
Phenylalanine.....g	0.174		0	A	1		0.425	1.701	
Tyrosine.....g	0.170		0	A	1		0.415	1.660	
Valine.....g	0.220		0	A	1		0.538	2.151	
Arginine.....g	0.096		0	A	1		0.235	0.938	
Histidine.....g	0.101		0	A	1		0.248	0.990	
Alanine.....g	0.114		0	A	1		0.278	1.110	
Aspartic acid.....g	0.288		0	A	1		0.703	2.811	
Glutamic acid.....g	0.756		0	A	1		1.845	7.380	
Glycine.....g	0.067		0	A	1		0.163	0.650	
Proline.....g	0.332		0	A	1		0.810	3.241	
Serine.....g	0.203		0	A	1		0.495	1.980	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42290
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Proximates:									
Water.....g	90.80		0		4		224.28	28.06	
Energy.....kcal	35		0	NC	4		86	11	
Energy.....kJ	145		0	NC	4		358	45	
Protein.....g	3.40		0		4		8.40	1.05	
Total lipid (fat).....g	0.18		0		4		0.44	0.06	
Ash.....g	0.77		0	NR	4		1.90	0.24	
Carbohydrate, by difference.....g	4.85		0		4		11.98	1.50	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	4.85		0	NR	4		11.98	1.50	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	204		0		4		504	63	
Iron, Fe.....mg	0.04		0		4		0.10	0.01	
Magnesium, Mg.....mg	11		0		4		28	4	
Phosphorus, P.....mg	101		0		4		249	31	
Potassium, K.....mg	166		0		4		409	51	
Sodium, Na.....mg	52		0		4		127	16	
Zinc, Zn.....mg	0.40		0		4		0.99	0.12	
Copper, Cu.....mg	0.011		0		4		0.027	0.003	
Manganese, Mn.....mg									
Selenium, Se.....µg	2.1	0.190	25	A	1		5.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		4		2.4	0.3	
Thiamin.....mg	0.036		0		4		0.089	0.011	
Riboflavin.....mg	0.140		0		4		0.346	0.043	
Niacin.....mg	0.088		0		4		0.217	0.027	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.099	0.012	
Folate, total.....µg	5		0		4		13	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		4		13	2	
Folate, DFE.....µg	5		0	NC	4		13	2	
Choline, total.....mg	16.0		0	T	4		39.5	4.9	
Betaine.....mg									
Vitamin B-12.....µg	0.38		0		4		0.93	0.12	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	137		0	NC	4		339	42	
Retinol.....µg	137		0	BFFN	4		339	42	
Carotene, beta.....µg	0		0	BFFN	4		1	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	458		0	NC	4		1132	142	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFFN	4		0.03	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		0	AS	1		2.9	0.4	
Vitamin D.....IU	47		0	BFZN	4		115	14	
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 42290
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.117		0		4		0.289	0.036	
4:0.....g	0.009		0		1		0.022	0.003	
6:0.....g	0.001		0		1		0.002	0.000	
8:0.....g	0.002		0		1		0.005	0.001	
10:0.....g	0.004		0		1		0.010	0.001	
12:0.....g	0.003		0		1		0.007	0.001	
13:0.....g									
14:0.....g	0.017		0		1		0.042	0.005	
15:0.....g									
16:0.....g	0.053		0		1		0.131	0.016	
17:0.....g									
18:0.....g	0.019		0		1		0.047	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0		4		0.116	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.017	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.094	0.012	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		4		0.017	0.002	
18:2 undifferentiated.....g	0.005		0		1		0.012	0.002	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		4		4	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup
Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, goat, fluid, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.03	0.146	196		1		26.54	212.35	849.41
Energy.....kcal	69		0	NC	4		21	168	672
Energy.....kJ	288		0	NC	4		88	703	2810
Protein (N x 6.38).....g	3.56	0.033	132		1		1.09	8.69	34.75
Total lipid (fat).....g	4.14	0.053	269		1		1.26	10.10	40.41
Ash.....g	0.82	0.002	229		1		0.25	2.00	8.00
Carbohydrate, by difference.....g	4.45		0	NC	4		1.36	10.86	43.43
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	4.45		0	NR	4		1.36	10.86	43.43
Starch.....g									
Minerals:									
Calcium, Ca.....mg	134	1.675	94		1		41	326	1303
Iron, Fe.....mg	0.05	0.004	23		1		0.02	0.12	0.49
Magnesium, Mg.....mg	14	1.224	63		1		4	34	136
Phosphorus, P.....mg	111	2.054	60		1		34	270	1080
Potassium, K.....mg	204	7.139	96		1		62	499	1995
Sodium, Na.....mg	50	1.512	68		1		15	122	486
Zinc, Zn.....mg	0.30		1		1		0.09	0.73	2.93
Copper, Cu.....mg	0.046		0		1		0.014	0.112	0.449
Manganese, Mn.....mg	0.018		0		1		0.005	0.044	0.176
Selenium, Se.....µg	1.4	0.410	5	A	1		0.4	3.4	13.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.108	57		1		0.4	3.1	12.6
Thiamin.....mg	0.048	0.005	22		1		0.015	0.117	0.468
Riboflavin.....mg	0.138	0.008	61		1		0.042	0.337	1.347
Niacin.....mg	0.277	0.012	21		1		0.084	0.676	2.704
Pantothenic acid.....mg	0.310	0.023	23		1		0.095	0.756	3.026
Vitamin B-6.....mg	0.046		3		1		0.014	0.112	0.449
Folate, total.....µg	1		18		1		0	1	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	1		18		1		0	1	6
Folate, DFE.....µg	1		0	NC	4		0	1	6
Choline, total.....mg	16.0		0	T	4		4.9	39.0	156.2
Betaine.....mg									
Vitamin B-12.....µg	0.07	0.005	45		1		0.02	0.16	0.63
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	57		0	NC	4		17	138	552
Retinol.....µg	56		0	T	4		17	137	547
Carotene, beta.....µg	7		0	BFFN	4		2	16	65
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	198		0	NC	4		60	482	1930
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFFN	4		0.02	0.18	0.72
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		0	AS	1		0.4	3.1	12.5
Vitamin D.....IU	51		0	BFZN	4		16	125	498
Vitamin K (phylloquinone).....µg	0.3		0	BFFN	4				

NDB No. 01106

Milk, goat, fluid, with added vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	2.667		0		1		0.813	6.507	26.030
4:0.....g	0.128	0.010	14		1		0.039	0.312	1.249
6:0.....g	0.094	0.007	14		1		0.029	0.229	0.917
8:0.....g	0.096	0.009	15		1		0.029	0.234	0.937
10:0.....g	0.260	0.031	15		1		0.079	0.634	2.538
12:0.....g	0.124	0.012	15		1		0.038	0.303	1.210
13:0.....g									
14:0.....g	0.325	0.020	17		1		0.099	0.793	3.172
15:0.....g									
16:0.....g	0.911	0.043	17		1		0.278	2.223	8.891
17:0.....g									
18:0.....g	0.441	0.037	17		1		0.135	1.076	4.304
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.109		0		1		0.338	2.706	10.824
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082	0.014	7		1		0.025	0.200	0.800
17:1.....g									
18:1 undifferentiated.....g	0.977	0.047	17		1		0.298	2.384	9.536
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.045	0.364	1.454
18:2 undifferentiated.....g	0.109	0.008	13		1		0.033	0.266	1.064
18:3 undifferentiated.....g	0.040	0.008	10		1		0.012	0.098	0.390
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	11	0.801	36		1		3	28	111
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.013	0.107	0.429
Threonine.....g	0.163		0		1		0.050	0.398	1.591
Isoleucine.....g	0.207		0		1		0.063	0.505	2.020
Leucine.....g	0.314		0		1		0.096	0.766	3.065
Lysine.....g	0.290		0		1		0.088	0.708	2.830
Methionine.....g	0.080		0		1		0.024	0.195	0.781
Cystine.....g	0.046		0		1		0.014	0.112	0.449
Phenylalanine.....g	0.155		0		1		0.047	0.378	1.513
Tyrosine.....g	0.179		0		1		0.055	0.437	1.747
Valine.....g	0.240		0		1		0.073	0.586	2.342
Arginine.....g	0.119		0		1		0.036	0.290	1.161
Histidine.....g	0.089		0		1		0.027	0.217	0.869
Alanine.....g	0.118		0		1		0.036	0.288	1.152
Aspartic acid.....g	0.210		0		1		0.064	0.512	2.050
Glutamic acid.....g	0.626		0		1		0.191	1.527	6.110
Glycine.....g	0.050		0		1		0.015	0.122	0.488
Proline.....g	0.368		0		1		0.112	0.898	3.592
Serine.....g	0.181		0		1		0.055	0.442	1.767
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01106
Milk, goat, fluid, with added vitam in D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source Confidence				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 30.5g: 1 fl oz
Measure 2 = 244g: 1 cup
Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Number						measures of food		
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.50	0.043	616		1		26.95	215.25	
Energy.....kcal	70		0	NC	4		21	171	
Energy.....kJ	291		0	NC	4		90	716	
Protein (N x 6.38).....g	1.03	0.018	591		1		0.32	2.53	
Total lipid (fat).....g	4.38	0.048	415		1		1.35	10.77	
Ash.....g	0.20	0.001	396		1		0.06	0.49	
Carbohydrate, by difference.....g	6.89		0	NC	4		2.12	16.95	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	6.89		0	NR	4		2.12	16.95	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32	0.248	755		1		10	79	
Iron, Fe.....mg	0.03	0.002	277		1		0.01	0.07	
Magnesium, Mg.....mg	3	0.039	303		1		1	8	
Phosphorus, P.....mg	14	0.095	632		1		4	34	
Potassium, K.....mg	51	0.610	172		1		16	126	
Sodium, Na.....mg	17	0.252	342		1		5	42	
Zinc, Zn.....mg	0.17	0.006	281		1		0.05	0.42	
Copper, Cu.....mg	0.052		0		1		0.016	0.128	
Manganese, Mn.....mg	0.026		0		1		0.008	0.064	
Selenium, Se.....µg	1.8	0.017	101	A	1		0.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.0	0.118	233		1		1.5	12.3	
Thiamin.....mg	0.014	0.000	279		1		0.004	0.034	
Riboflavin.....mg	0.036	0.001	275		1		0.011	0.089	
Niacin.....mg	0.177	0.003	271		1		0.055	0.435	
Pantothenic acid.....mg	0.223	0.003	416		1		0.069	0.549	
Vitamin B-6.....mg	0.011	0.001	88		1		0.003	0.027	
Folate, total.....µg	5	0.346	7		1		2	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.346	7		1		2	13	
Folate, DFE.....µg	5		0	NC	4		2	13	
Choline, total.....mg	16.0		0	T	4		4.9	39.4	
Betaine.....mg									
Vitamin B-12.....µg	0.05		32		1		0.01	0.11	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	61		0	NC	4		19	149	
Retinol.....µg	60		0	T	4		18	148	
Carotene, beta.....µg	7		0	BFFN	4		2	17	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	212		0	NC	4		65	521	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFFN	4		0.02	0.19	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.0	0.2	
Vitamin D.....IU	3		0	BFFN	4		1	8	
Vitamin K (phylloquinone).....µg	0.3		0	BFFN	4		0.1	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated.....g	2.009		0			1		0.619	4.942	
4:0.....g	0.000		0			1		0.000	0.000	
6:0.....g	0.000		0			1		0.000	0.000	
8:0.....g	0.000		0			1		0.000	0.000	
10:0.....g	0.063	0.006	16			1		0.019	0.155	
12:0.....g	0.256	0.023	18			1		0.079	0.630	
13:0.....g										
14:0.....g	0.321	0.019	20			1		0.099	0.790	
15:0.....g										
16:0.....g	0.919	0.023	20			1		0.283	2.261	
17:0.....g										
18:0.....g	0.293	0.018	20			1		0.090	0.721	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	1.658		0			1		0.511	4.079	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.129	0.012	17			1		0.040	0.317	
17:1.....g										
18:1 undifferentiated.....g	1.475	0.037	20			1		0.454	3.629	
20:1.....g	0.040	0.003	12			1		0.012	0.098	
22:1 undifferentiated.....g	0.000		0			1		0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.497		0			1		0.153	1.223	
18:2 undifferentiated.....g	0.374	0.030	20			1		0.115	0.920	
18:3 undifferentiated.....g	0.052	0.013	15			1		0.016	0.128	
18:4.....g	0.000		0			1		0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.026	0.004	14			1		0.008	0.064	
20:5 n-3 (EPA).....g	0.000		0			1		0.000	0.000	
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0			1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0			1		0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	14	0.366	54			1		4	34	
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.017		0			1		0.005	0.042	
Threonine.....g	0.046		0			1		0.014	0.113	
Isoleucine.....g	0.056		0			1		0.017	0.138	
Leucine.....g	0.095		0			1		0.029	0.234	
Lysine.....g	0.068		0			1		0.021	0.167	
Methionine.....g	0.021		0			1		0.006	0.052	
Cystine.....g	0.019		0			1		0.006	0.047	
Phenylalanine.....g	0.046		0			1		0.014	0.113	
Tyrosine.....g	0.053		0			1		0.016	0.130	
Valine.....g	0.063		0			1		0.019	0.155	
Arginine.....g	0.043		0			1		0.013	0.106	
Histidine.....g	0.023		0			1		0.007	0.057	
Alanine.....g	0.036		0			1		0.011	0.089	
Aspartic acid.....g	0.082		0			1		0.025	0.202	
Glutamic acid.....g	0.168		0			1		0.052	0.413	
Glycine.....g	0.026		0			1		0.008	0.064	
Proline.....g	0.082		0			1		0.025	0.202	
Serine.....g	0.043		0			1		0.013	0.106	
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0			7		0.0	0.0	
Caffeine.....mg	0		0	Z		7		0	0	

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 30.8g: 1 fl oz
Measure 2 = 246g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43543
Milk, imitation, non-soy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.254		0		4		0.620	0.077	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.218		0		4		0.532	0.066	
17:0.....g									
18:0.....g	0.036		0		4		0.088	0.011	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.484		0		4		1.181	0.148	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.484		0		4		1.181	0.148	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.174		0		4		2.865	0.358	
18:2 undifferentiated.....g	1.160		0		4		2.830	0.354	
18:3 undifferentiated.....g	0.014		0		4		0.034	0.004	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup
Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Lipids:

NDB No. 01108
Milk, indian buffalo, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.597		0		1		11.217	44.867	
4:0.....g	0.276	0.013	23		1		0.673	2.694	
6:0.....g	0.153	0.008	23		1		0.373	1.493	
8:0.....g	0.071	0.004	24		1		0.173	0.693	
10:0.....g	0.141	0.007	24		1		0.344	1.376	
12:0.....g	0.167	0.008	24		1		0.407	1.630	
13:0.....g									
14:0.....g	0.703	0.022	24		1		1.715	6.861	
15:0.....g									
16:0.....g	1.999	0.057	24		1		4.878	19.510	
17:0.....g									
18:0.....g	0.682	0.031	24		1		1.664	6.656	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.787		0		1		4.360	17.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.142	0.009	24		1		0.346	1.386	
17:1.....g									
18:1 undifferentiated.....g	1.566	0.053	24		1		3.821	15.284	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.146		0		1		0.356	1.425	
18:2 undifferentiated.....g	0.070	0.007	23		1		0.171	0.683	
18:3 undifferentiated.....g	0.076	0.008	23		1		0.185	0.742	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.204	25		1		46	185	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.053		0		1		0.129	0.517	
Threonine.....g	0.182		0		1		0.444	1.776	
Isoleucine.....g	0.203		0		1		0.495	1.981	
Leucine.....g	0.366		0		1		0.893	3.572	
Lysine.....g	0.280		0		1		0.683	2.733	
Methionine.....g	0.097		0		1		0.237	0.947	
Cystine.....g	0.048		0		1		0.117	0.468	
Phenylalanine.....g	0.162		0		1		0.395	1.581	
Tyrosine.....g	0.183		0		1		0.447	1.786	
Valine.....g	0.219		0		1		0.534	2.137	
Arginine.....g	0.114		0		1		0.278	1.113	
Histidine.....g	0.078		0		1		0.190	0.761	
Alanine.....g	0.132		0		1		0.322	1.288	
Aspartic acid.....g	0.309		0		1		0.754	3.016	
Glutamic acid.....g	0.477		0		1		1.164	4.656	
Glycine.....g	0.080		0		4		0.195	0.781	
Proline.....g	0.364		0		4		0.888	3.553	
Serine.....g	0.227		0		1		0.554	2.216	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01108
Milk, indian buffalo, fluid
Common Measures:
Measure 1 = 244g: 1 cup
Measure 2 = 976g: 1 quart

Calories	Factors:	Protein 4.27	Fat 8.79	Carbohydrate 3.87	Food Group: 01 Dairy and Egg Products
-----------------	-----------------	---------------------	-----------------	--------------------------	--

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.20		7		1		215.21	26.90	860.83
Energy.....kcal	61		0	NC	4		149	19	594
Energy.....kJ	255		0		4		622	78	2487
Protein (N x 6.38).....g	3.10		8		1		7.56	0.95	30.26
Total lipid (fat).....g	3.46		7		1		8.44	1.06	33.77
Ash.....g	0.78		7		1		1.90	0.24	7.61
Carbohydrate, by difference.....g	4.46		0	NC	4		10.88	1.36	43.53
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	4.46		0	NR	4		10.88	1.36	43.53
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101		11		1		246	31	984
Iron, Fe.....mg	0.05		0		4		0.12	0.02	0.49
Magnesium, Mg.....mg	5		1		1		12	2	49
Phosphorus, P.....mg	86		9		1		209	26	834
Potassium, K.....mg	253		11		1		617	77	2467
Sodium, Na.....mg	3		10		1		6	1	24
Zinc, Zn.....mg	0.38		0		4		0.93	0.12	3.71
Copper, Cu.....mg	0.010		0		1		0.024	0.003	0.098
Manganese, Mn.....mg	0.004		0		1		0.010	0.001	0.039
Selenium, Se.....µg	2.0	0.120	37	A	1		4.9	0.6	19.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		4		2.3	0.3	9.2
Thiamin.....mg	0.020		8		1		0.049	0.006	0.195
Riboflavin.....mg	0.105		8		1		0.256	0.032	1.025
Niacin.....mg	0.043		7		1		0.105	0.013	0.420
Pantothenic acid.....mg	0.304		0		1		0.742	0.093	2.967
Vitamin B-6.....mg	0.034		7		1		0.083	0.010	0.332
Folate, total.....µg	5		0		4		12	2	49
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5		0		4		12	2	49
Folate, DFE.....µg	5		0	NC	4		12	2	49
Choline, total.....mg	16.0		0	T	4		39.0	4.9	156.2
Betaine.....mg									
Vitamin B-12.....µg	0.36		7		1		0.88	0.11	3.50
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	29		0	NC	4		70	9	279
Retinol.....µg	28		0	T	4		68	9	273
Carotene, beta.....µg	7		0	BFFN	4		17	2	69
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	105		0	NC	4		256	32	1026
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFFN	4		0.18	0.02	0.74
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		0	AS	1		3.1	0.4	12.5
Vitamin D.....IU	51		0	BFZN	4		125	16	498
Vitamin K (phylloquinone).....µg	0.3		0	BFFN	4		0.7	0.1	2.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01089
Milk, low sodium, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.154		0		1		5.256	0.657	21.023
4:0.....g	0.112		52		1		0.273	0.034	1.093
6:0.....g	0.066		68		1		0.161	0.020	0.644
8:0.....g	0.039		89		1		0.095	0.012	0.381
10:0.....g	0.087		89		1		0.212	0.027	0.849
12:0.....g	0.097		89		1		0.237	0.030	0.947
13:0.....g									
14:0.....g	0.348		88		1		0.849	0.106	3.396
15:0.....g									
16:0.....g	0.910		88		1		2.220	0.278	8.882
17:0.....g									
18:0.....g	0.419		88		1		1.022	0.128	4.089
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.999		0		1		2.438	0.305	9.750
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		71		1		0.188	0.023	0.752
17:1.....g									
18:1 undifferentiated.....g	0.870		78		1		2.123	0.265	8.491
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.312	0.039	1.249
18:2 undifferentiated.....g	0.078		74		1		0.190	0.024	0.761
18:3 undifferentiated.....g	0.050		65		1		0.122	0.015	0.488
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		1		33	4	133
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.044		0		1		0.107	0.013	0.429
Threonine.....g	0.140		0		1		0.342	0.043	1.366
Isoleucine.....g	0.188		0		1		0.459	0.057	1.835
Leucine.....g	0.304		0		1		0.742	0.093	2.967
Lysine.....g	0.246		0		1		0.600	0.075	2.401
Methionine.....g	0.078		0		1		0.190	0.024	0.761
Cystine.....g	0.029		0		1		0.071	0.009	0.283
Phenylalanine.....g	0.150		0		1		0.366	0.046	1.464
Tyrosine.....g	0.150		0		1		0.366	0.046	1.464
Valine.....g	0.207		0		1		0.505	0.063	2.020
Arginine.....g	0.112		0		1		0.273	0.034	1.093
Histidine.....g	0.084		0		1		0.205	0.026	0.820
Alanine.....g	0.107		0		1		0.261	0.033	1.044
Aspartic acid.....g	0.235		0		1		0.573	0.072	2.294
Glutamic acid.....g	0.649		0		1		1.584	0.198	6.334
Glycine.....g	0.066		0		1		0.161	0.020	0.644
Proline.....g	0.300		0		1		0.732	0.092	2.928
Serine.....g	0.169		0		1		0.412	0.052	1.649
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01089
Milk, low sodium, fluid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 244g: 1 cup
Measure 2 = 30.5g: 1 fl oz
Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	88.74	0.028	28		1		218.30	873.20	
Energy.....kcal	48		0	NC	4		119	477	
Energy.....kJ	203		0		4		498	1994	
Protein (N x 6.38).....g	3.93	0.028	25		1		9.67	38.67	
Total lipid (fat).....g	1.17	0.024	30		1		2.88	11.51	
Ash.....g	0.86		0		1		2.12	8.46	
Carbohydrate, by difference.....g	5.52		0	NC	4		13.58	54.32	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	142		0		1		349	1397	
Iron, Fe.....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg.....mg	16		0		1		39	157	
Phosphorus, P.....mg	111		0		1		273	1093	
Potassium, K.....mg	180		0		1		444	1774	
Sodium, Na.....mg	58		0		1		143	574	
Zinc, Zn.....mg	0.45		0		1		1.11	4.43	
Copper, Cu.....mg	0.010		0		1		0.025	0.098	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.5		0	BFNN	4		6.2	24.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.8	11.3	
Thiamin.....mg	0.045		0		1		0.111	0.443	
Riboflavin.....mg	0.192		0		1		0.472	1.889	
Niacin.....mg	0.100		0		1		0.246	0.984	
Pantothenic acid.....mg	0.373		0		1		0.918	3.670	
Vitamin B-6.....mg	0.050		0		1		0.123	0.492	
Folate, total.....µg	6		0		1		15	58	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		1		15	58	
Folate, DFE.....µg	6		0	NC	4		15	58	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.43		0		1		1.05	4.18	
Vitamin A, RAE.....µg	61		0		1		150	600	
Retinol.....µg	61		0		1		150	600	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	203		0		1		499	1998	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D.....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.728		0		1		1.791	7.164	
4:0.....g	0.038	0.001	52		1		0.093	0.374	
6:0.....g	0.022	0.001	68		1		0.054	0.216	
8:0.....g	0.013	0.000	89		1		0.032	0.128	
10:0.....g	0.029	0.001	89		1		0.071	0.285	
12:0.....g	0.033	0.001	89		1		0.081	0.325	
13:0.....g									
14:0.....g	0.118	0.003	88		1		0.290	1.161	
15:0.....g									
16:0.....g	0.308	0.007	88		1		0.758	3.031	
17:0.....g									
18:0.....g	0.142	0.003	88		1		0.349	1.397	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.338		0		1		0.831	3.326	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026	0.001	71		1		0.064	0.256	
17:1.....g									
18:1 undifferentiated.....g	0.294	0.007	78		1		0.723	2.893	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.106	0.423	
18:2 undifferentiated.....g	0.026	0.001	74		1		0.064	0.256	
18:3 undifferentiated.....g	0.017	0.001	65		1		0.042	0.167	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		2		1		10	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.135	0.541	
Threonine.....g	0.177		0		1		0.435	1.742	
Isoleucine.....g	0.238		0		1		0.585	2.342	
Leucine.....g	0.385		0		1		0.947	3.788	
Lysine.....g	0.312		0		1		0.768	3.070	
Methionine.....g	0.099		0		1		0.244	0.974	
Cystine.....g	0.036		0		1		0.089	0.354	
Phenylalanine.....g	0.190		0		1		0.467	1.870	
Tyrosine.....g	0.190		0		1		0.467	1.870	
Valine.....g	0.263		0		1		0.647	2.588	
Arginine.....g	0.142		0		1		0.349	1.397	
Histidine.....g	0.107		0		1		0.263	1.053	
Alanine.....g	0.136		0		1		0.335	1.338	
Aspartic acid.....g	0.298		0		1		0.733	2.932	
Glutamic acid.....g	0.823		0		1		2.025	8.098	
Glycine.....g	0.083		0		1		0.204	0.817	
Proline.....g	0.381		0		1		0.937	3.749	
Serine.....g	0.214		0		1		0.526	2.106	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.81		0		1		220.03	880.14	
Energy.....kcal	43		0	NC	4		104	418	
Energy.....kJ	178		0		4		437	1748	
Protein (N x 6.38).....g	3.48		0		1		8.53	34.10	
Total lipid (fat).....g	0.97	0.020	391		1		2.38	9.51	
Ash.....g	0.77		0		1		1.89	7.55	
Carbohydrate, by difference.....g	4.97		0	NC	4		12.18	48.71	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		0		1		313	1251	
Iron, Fe.....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg.....mg	14		0		1		35	141	
Phosphorus, P.....mg	100		0		1		245	979	
Potassium, K.....mg	162		0		1		397	1589	
Sodium, Na.....mg	52		0		1		128	514	
Zinc, Zn.....mg	0.40		0		1		0.98	3.92	
Copper, Cu.....mg	0.010		0		1		0.025	0.098	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.3		0	BFNN	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		2.5	9.8	
Thiamin.....mg	0.040		0		1		0.098	0.392	
Riboflavin.....mg	0.173		0		1		0.424	1.695	
Niacin.....mg	0.090		0		1		0.221	0.882	
Pantothenic acid.....mg	0.336		0		1		0.823	3.293	
Vitamin B-6.....mg	0.045		0		1		0.110	0.441	
Folate, total.....µg	5		0		1		13	52	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		1		13	52	
Folate, DFE.....µg	5		0	NC	4		13	52	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.38		0		1		0.94	3.74	
Vitamin A, RAE.....µg	59		0	NC	4		143	573	
Retinol.....µg	58		0	NC	4		142	568	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	204		0		1		500	1999	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		2.5	9.8	

Lipids:

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.604		0		1		1.480	5.919	
4:0.....g	0.031	0.001	52		1		0.076	0.304	
6:0.....g	0.019	0.001	68		1		0.047	0.186	
8:0.....g	0.011	0.000	89		1		0.027	0.108	
10:0.....g	0.024	0.001	89		1		0.059	0.235	
12:0.....g	0.027	0.001	89		1		0.066	0.265	
13:0.....g									
14:0.....g	0.098	0.002	88		1		0.240	0.960	
15:0.....g									
16:0.....g	0.255	0.006	88		1		0.625	2.499	
17:0.....g									
18:0.....g	0.118	0.003	88		1		0.289	1.156	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.280		0		1		0.686	2.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.001	71		1		0.054	0.216	
17:1.....g									
18:1 undifferentiated.....g	0.244	0.006	78		1		0.598	2.391	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.088	0.353	
18:2 undifferentiated.....g	0.022	0.001	74		1		0.054	0.216	
18:3 undifferentiated.....g	0.014	0.001	65		1		0.034	0.137	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		10	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.120	0.480	
Threonine.....g	0.157		0		1		0.385	1.539	
Isoleucine.....g	0.211		0		1		0.517	2.068	
Leucine.....g	0.341		0		1		0.835	3.342	
Lysine.....g	0.276		0		1		0.676	2.705	
Methionine.....g	0.087		0		1		0.213	0.853	
Cystine.....g	0.032		0		1		0.078	0.314	
Phenylalanine.....g	0.168		0		1		0.412	1.646	
Tyrosine.....g	0.168		0		1		0.412	1.646	
Valine.....g	0.233		0		1		0.571	2.283	
Arginine.....g	0.126		0		1		0.309	1.235	
Histidine.....g	0.094		0		1		0.230	0.921	
Alanine.....g	0.120		0		1		0.294	1.176	
Aspartic acid.....g	0.264		0		1		0.647	2.587	
Glutamic acid.....g	0.729		0		1		1.786	7.144	
Glycine.....g	0.074		0		1		0.181	0.725	
Proline.....g	0.337		0		1		0.826	3.303	
Serine.....g	0.189		0		1		0.463	1.852	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

NDB No. 01083
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitam in A and vitam in D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup
Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitam in A and vitam in D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.92	0.174	12	A	1		219.40	27.43	877.62
Energy.....kcal	42		0	NC	4		103	13	412
Energy.....kJ	177		0	NC	4		432	54	1728
Protein (N x 6.38).....g	3.37	0.061	12	A	1		8.21	1.03	32.86
Total lipid (fat).....g	0.97	0.026	6	JO	11		2.37	0.30	9.47
Ash.....g	0.75	0.014	12	A	1		1.83	0.23	7.32
Carbohydrate, by difference.....g	4.99		0	NC	4		12.18	1.52	48.74
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose.....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	125	1.443	4	A	1		304	38	1215
Iron, Fe.....mg	0.03	0.004	4	A	1		0.07	0.01	0.28
Magnesium, Mg.....mg	11	0.093	22	A	1		26	3	106
Phosphorus, P.....mg	95	0.368	21	A	1		233	29	930
Potassium, K.....mg	150	1.088	11	A	1		365	46	1461
Sodium, Na.....mg	44	0.760	23	A	1		107	13	429
Zinc, Zn.....mg	0.42	0.003	11	A	1		1.03	0.13	4.12
Copper, Cu.....mg	0.010	0.001	12	A	1		0.023	0.003	0.094
Manganese, Mn.....mg	0.003	0.000	12	A	1		0.006	0.001	0.025
Selenium, Se.....µg	3.3	0.301	12	A	1		8.1	1.0	32.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.020	0.002	12	A	1		0.049	0.006	0.198
Riboflavin.....mg	0.185	0.005	12	A	1		0.451	0.056	1.805
Niacin.....mg	0.093	0.003	12	A	1		0.226	0.028	0.904
Pantothenic acid.....mg	0.361	0.014	4	A	1		0.880	0.110	3.518
Vitamin B-6.....mg	0.037	0.001	12	A	1		0.090	0.011	0.360
Folate, total.....µg	5	0.083	12	A	1		12	1	48
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5	0.083	12	A	1		12	1	48
Folate, DFE.....µg	5		0	NC	4		12	1	48
Choline, total.....mg	17.7		0	AS	1		43.1	5.4	172.3
Betaine.....mg	0.6		1	A	1		1.5	0.2	6.0
Vitamin B-12.....µg	0.47	0.019	4	A	1		1.14	0.14	4.56
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	58		0	NC	4		142	18	567
Retinol.....µg	58		0	T	4		142	18	566
Carotene, beta.....µg	2		0	BFFN	4		4	0	15
Carotene, alpha.....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFFN	4		0	0	0
Vitamin A, IU.....IU	196		0	NC	4		478	60	1912
Lycopene.....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01	0.002	12	A	1		0.03	0.00	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitam in A and vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code			
					Confidence			
					Code			
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	12	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.2		24	AS	1	2.9	0.4	11.7
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	1.2	0.068	24	A	1	2.9	0.4	11.7
Vitamin D.....IU	48	2.706	24	A	1	117	15	467
Vitamin K (phyloquinone).....µg	0.1	0.000	4	A	1	0.2	0.0	1.0
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.633		0	NC	4	1.543	0.193	6.173
4:0.....g	0.024	0.002	4	A	1	0.058	0.007	0.233
6:0.....g	0.018	0.002	4	A	1	0.043	0.005	0.173
8:0.....g	0.013	0.000	4	A	1	0.031	0.004	0.123
10:0.....g	0.027	0.001	4	A	1	0.067	0.008	0.266
12:0.....g	0.029	0.001	4	A	1	0.072	0.009	0.288
13:0.....g								
14:0.....g	0.091	0.002	4	A	1	0.222	0.028	0.889
15:0.....g	0.010	0.000	4	A	1	0.024	0.003	0.096
16:0.....g	0.287	0.001	4	A	1	0.700	0.088	2.801
17:0.....g	0.006	0.000	4	A	1	0.014	0.002	0.055
18:0.....g	0.126	0.004	4	A	1	0.308	0.038	1.230
20:0.....g	0.002	0.000	4	A	1	0.005	0.001	0.019
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.277		0	NC	4	0.676	0.085	2.706
14:1.....g	0.007	0.000	4	A	1	0.017	0.002	0.066
15:1.....g	0.002	0.000	4	A	1	0.005	0.001	0.020
16:1 undifferentiated.....g	0.017		0	AS	1	0.040	0.005	0.162
16:1 c.....g	0.017	0.000	4	A	1	0.040	0.005	0.162
16:1 t.....g								
17:1.....g	0.002	0.000	4	A	1	0.005	0.001	0.020
18:1 undifferentiated.....g	0.250		0	AS	1	0.610	0.076	2.438
18:1 c.....g	0.213	0.005	4	A	1	0.519	0.065	2.076
18:1 t.....g	0.037	0.003	4	A	1	0.090	0.011	0.362
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.035		0	NC	4	0.085	0.011	0.339
18:2 undifferentiated.....g	0.030		0	AS	1	0.074	0.009	0.295
18:2 n-6 c,c.....g	0.027	0.001	4	A	1	0.066	0.008	0.266
18:2 CLAs.....g								
18:2 t,t.....g								
18:2 i.....g	0.003	0.000	4	A	1	0.007	0.001	0.030
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.004		0	AS	1	0.011	0.001	0.043
18:3 n-3 c,c,c (ALA).....g	0.004	0.000	4	A	1	0.011	0.001	0.043
18:3 n-6 c,c,c.....g								
18:3i.....g								
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	5	0.109	4	A	1			46

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitam in A and vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Points	Code	Code			
Cholesterol.....mg	5	0.109		A	1	12	1	
Phytosterols.....mg								
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0
Campesterol.....mg	0	0.000	4	A	1	0	0	0
Beta-sitosterol.....mg	0	0.000	4	A	1	0	0	0
Amino Acids:								
Tryptophan.....g	0.043		0	A	1	0.105	0.013	0.420
Threonine.....g	0.143		0	A	1	0.350	0.044	1.399
Isoleucine.....g	0.174		0	A	1	0.425	0.053	1.700
Leucine.....g	0.319		0	A	1	0.777	0.097	3.110
Lysine.....g	0.282		0	A	1	0.687	0.086	2.748
Methionine.....g	0.088		0	A	1	0.215	0.027	0.860
Cystine.....g	0.020		0	A	1	0.050	0.006	0.200
Phenylalanine.....g	0.174		0	A	1	0.425	0.053	1.701
Tyrosine.....g	0.170		0	A	1	0.415	0.052	1.660
Valine.....g	0.220		0	A	1	0.538	0.067	2.151
Arginine.....g	0.096		0	A	1	0.235	0.029	0.938
Histidine.....g	0.101		0	A	1	0.248	0.031	0.990
Alanine.....g	0.114		0	A	1	0.278	0.035	1.110
Aspartic acid.....g	0.288		0	A	1	0.703	0.088	2.811
Glutamic acid.....g	0.756		0	A	1	1.845	0.231	7.380
Glycine.....g	0.067		0	A	1	0.163	0.020	0.650
Proline.....g	0.332		0	A	1	0.810	0.101	3.241
Serine.....g	0.203		0	A	1	0.495	0.062	1.980
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number		Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	89.36		0		1		219.83	879.30	
Energy.....kcal	41		0	NC	4		100	400	
Energy.....kJ	170		0		4		418	1673	
Protein (N x 6.38).....g	3.96	0.029	5		1		9.74	38.97	
Total lipid (fat).....g	0.25	0.011	296		1		0.62	2.46	
Ash.....g	0.87		0		1		2.14	8.56	
Carbohydrate, by difference.....g	5.56		0	NC	4		13.68	54.71	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		0		1		352	1407	
Iron, Fe.....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg.....mg	16		0		1		40	158	
Phosphorus, P.....mg	112		0		1		275	1101	
Potassium, K.....mg	182		0		1		446	1786	
Sodium, Na.....mg	59		0		1		144	578	
Zinc, Zn.....mg	0.45		0		1		1.11	4.43	
Copper, Cu.....mg	0.011		0		1		0.027	0.108	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.4		0	BFNN	4		5.9	23.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0		1		2.8	11.0	
Thiamin.....mg	0.045		0		1		0.111	0.443	
Riboflavin.....mg	0.194		0		1		0.477	1.909	
Niacin.....mg	0.101		0		1		0.248	0.994	
Pantothenic acid.....mg	0.376		0		1		0.925	3.700	
Vitamin B-6.....mg	0.050		0		1		0.123	0.492	
Folate, total.....µg	6		0		1		15	59	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		1		15	59	
Folate, DFE.....µg	6		0	NC	4		15	59	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.43		0		1		1.05	4.20	
Vitamin A, RAE.....µg	61		0		1		150	600	
Retinol.....µg	61		0		1		150	600	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	203		0		1		499	1998	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D.....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone).....µg									
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.162		0		1		0.399	1.594	
4:0.....g	0.013	0.001	8		1		0.032	0.128	
6:0.....g	0.002	0.000	12		1		0.005	0.020	
8:0.....g	0.003	0.000	12		1		0.007	0.030	
10:0.....g	0.005	0.001	12		1		0.012	0.049	
12:0.....g	0.003	0.000	12		1		0.007	0.030	
13:0.....g									
14:0.....g	0.024	0.001	12		1		0.059	0.236	
15:0.....g									
16:0.....g	0.073	0.004	12		1		0.180	0.718	
17:0.....g									
18:0.....g	0.026	0.001	12		1		0.064	0.256	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.065		0		1		0.160	0.640	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.001	12		1		0.022	0.089	
17:1.....g									
18:1 undifferentiated.....g	0.053	0.003	12		1		0.130	0.522	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.022	0.089	
18:2 undifferentiated.....g	0.006	0.000	12		1		0.015	0.059	
18:3 undifferentiated.....g	0.003	0.000	11		1		0.007	0.030	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.138	0.551	
Threonine.....g	0.179		0		1		0.440	1.761	
Isoleucine.....g	0.240		0		1		0.590	2.362	
Leucine.....g	0.388		0		1		0.954	3.818	
Lysine.....g	0.314		0		1		0.772	3.090	
Methionine.....g	0.099		0		1		0.244	0.974	
Cystine.....g	0.037		0		1		0.091	0.364	
Phenylalanine.....g	0.191		0		1		0.470	1.879	
Tyrosine.....g	0.191		0		1		0.470	1.879	
Valine.....g	0.265		0		1		0.652	2.608	
Arginine.....g	0.143		0		1		0.352	1.407	
Histidine.....g	0.107		0		1		0.263	1.053	
Alanine.....g	0.137		0		1		0.337	1.348	
Aspartic acid.....g	0.300		0		1		0.738	2.952	
Glutamic acid.....g	0.829		0		1		2.039	8.157	
Glycine.....g	0.084		0		1		0.207	0.827	
Proline.....g	0.384		0		1		0.945	3.779	
Serine.....g	0.215		0		1		0.529	2.116	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	90.38		0		1		221.43	27.66	885.72
Energy.....kcal	37		0	NC	4		90	11	361
Energy.....kJ	154		0		4		378	47	1512
Protein (N x 6.38).....g	3.57	0.030	56		1		8.75	1.09	34.99
Total lipid (fat).....g	0.25	0.011	296		1		0.61	0.08	2.45
Ash.....g	0.78		0		1		1.91	0.24	7.64
Carbohydrate, by difference.....g	5.02		0	NC	4		12.30	1.54	49.20
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.02		0	T	4		12.30	1.54	49.20
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129		0		1		316	40	1265
Iron, Fe.....mg	0.05		0		1		0.12	0.02	0.49
Magnesium, Mg.....mg	15		0		1		36	4	142
Phosphorus, P.....mg	104		0		1		255	32	1019
Potassium, K.....mg	171		0		1		418	52	1673
Sodium, Na.....mg	53		0		1		130	16	519
Zinc, Zn.....mg	0.41		0		1		1.00	0.13	4.02
Copper, Cu.....mg	0.011		0		1		0.027	0.003	0.108
Manganese, Mn.....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se.....µg	2.2		0	BFNN	4		5.4	0.7	21.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		2.5	0.3	9.9
Thiamin.....mg	0.041		0		1		0.100	0.013	0.402
Riboflavin.....mg	0.175		0		1		0.429	0.054	1.715
Niacin.....mg	0.091		0		1		0.223	0.028	0.892
Pantothenic acid.....mg	0.339		0		1		0.831	0.104	3.322
Vitamin B-6.....mg	0.046		0		1		0.113	0.014	0.451
Folate, total.....µg	5		0		1		13	2	53
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5		0		1		13	2	53
Folate, DFE.....µg	5		0	NC	4		13	2	53
Choline, total.....mg	16.0		0	T	4		39.2	4.9	156.8
Betaine.....mg									
Vitamin B-12.....µg	0.39		0		1		0.95	0.12	3.78
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	64		0	NC	4		157	20	628
Retinol.....µg	64		0	BFSN	4		157	20	628
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	214		0	NC	4		523	65	2093
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.01	0.00	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		0	AS	1		3.0	0.4	12.0
Vitamin D.....IU	49		0	BFSN	4		120	15	481
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg			</						

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				
									Confidence Code
Lipids:									
Fatty acids, total saturated.....g	0.162		0		1	0.397	0.050	1.588	
4:0.....g	0.013	0.001	8		1	0.032	0.004	0.127	
6:0.....g	0.002	0.000	12		1	0.005	0.001	0.020	
8:0.....g	0.003	0.000	12		1	0.007	0.001	0.029	
10:0.....g	0.005	0.001	12		1	0.012	0.002	0.049	
12:0.....g	0.003	0.000	12		1	0.007	0.001	0.029	
13:0.....g									
14:0.....g	0.024	0.001	12		1	0.059	0.007	0.235	
15:0.....g									
16:0.....g	0.073	0.004	12		1	0.179	0.022	0.715	
17:0.....g									
18:0.....g	0.026	0.001	12		1	0.064	0.008	0.255	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.065		0		1	0.159	0.020	0.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.001	12		1	0.022	0.003	0.088	
17:1.....g									
18:1 undifferentiated.....g	0.053	0.003	12		1	0.130	0.016	0.519	
20:1.....g	0.000		0		1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1	0.022	0.003	0.088	
18:2 undifferentiated.....g	0.006	0.000	12		1	0.015	0.002	0.059	
18:3 undifferentiated.....g	0.003	0.000	11		1	0.007	0.001	0.029	
18:4.....g	0.000		0		1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1	5	1	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1	0.123	0.015	0.490	
Threonine.....g	0.161		0		1	0.394	0.049	1.578	
Isoleucine.....g	0.216		0		1	0.529	0.066	2.117	
Leucine.....g	0.350		0		1	0.858	0.107	3.430	
Lysine.....g	0.283		0		1	0.693	0.087	2.773	
Methionine.....g	0.090		0		1	0.221	0.028	0.882	
Cystine.....g	0.033		0		1	0.081	0.010	0.323	
Phenylalanine.....g	0.172		0		1	0.421	0.053	1.686	
Tyrosine.....g	0.172		0		1	0.421	0.053	1.686	
Valine.....g	0.239		0		1	0.586	0.073	2.342	
Arginine.....g	0.129		0		1	0.316	0.039	1.264	
Histidine.....g	0.097		0		1	0.238	0.030	0.951	
Alanine.....g	0.123		0		1	0.301	0.038	1.205	
Aspartic acid.....g	0.271		0		1	0.664	0.083	2.656	
Glutamic acid.....g	0.748		0		1	1.833	0.229	7.330	
Glycine.....g	0.076		0		1	0.186	0.023	0.745	
Proline.....g	0.346		0		1	0.848	0.106	3.391	
Serine.....g	0.194		0		1	0.475	0.059	1.901	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	

NDB No. 01086
Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup
Measure 2 = 30.6g: 1 fl oz
Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01085
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	90.84	0.032	12	A	1		222.56	27.80	890.22
Energy.....kcal	34		0	NC	4		84	10	336
Energy.....kJ	143		0	NC	4		350	44	1401
Protein (N x 6.38).....g	3.37	0.032	12	A	1		8.26	1.03	33.03
Total lipid (fat).....g	0.08	0.009	12	A	1		0.20	0.02	0.78
Ash.....g	0.75	0.006	12	A	1		1.85	0.23	7.38
Carbohydrate, by difference.....g	4.96		0	NC	4		12.14	1.52	48.58
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.09	0.048	12	A	1		12.48	1.56	49.93
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose.....g	5.09	0.048	12	A	1		12.48	1.56	49.93
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	122	0.946	4	A	1		300	37	1198
Iron, Fe.....mg	0.03	0.003	4	A	1		0.06	0.01	0.25
Magnesium, Mg.....mg	11	0.071	41	A	1		27	3	106
Phosphorus, P.....mg	101	0.424	39	A	1		247	31	989
Potassium, K.....mg	156	0.764	26	A	1		382	48	1527
Sodium, Na.....mg	42	0.421	40	A	1		103	13	411
Zinc, Zn.....mg	0.42	0.003	27	A	1		1.03	0.13	4.12
Copper, Cu.....mg	0.013	0.000	24	A	1		0.032	0.004	0.127
Manganese, Mn.....mg	0.003	0.000	12	A	1		0.006	0.001	0.026
Selenium, Se.....µg	3.1	0.260	11	A	1		7.6	1.0	30.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.045	0.004	12	A	1		0.110	0.014	0.439
Riboflavin.....mg	0.182	0.004	12	A	1		0.445	0.056	1.780
Niacin.....mg	0.094	0.004	12	A	1		0.231	0.029	0.925
Pantothenic acid.....mg	0.357	0.005	4	A	1		0.876	0.109	3.503
Vitamin B-6.....mg	0.037	0.001	12	A	1		0.092	0.011	0.366
Folate, total.....µg	5	0.000	10	A	1		12	2	49
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5	0.000	10	A	1		12	2	49
Folate, DFE.....µg	5		0	NC	4		12	2	49
Choline, total.....mg	15.6		0	AS	1		38.3	4.8	153.3
Betaine.....mg	1.9		1	A	1		4.7	0.6	18.8
Vitamin B-12.....µg	0.50	0.069	4	A	1		1.23	0.15	4.92
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	61		0	NC	4		149	19	598
Retinol.....µg	61		0	T	4		149	19	598
Carotene, beta.....µg	0		0	BFFN	4		0	0	1
Carotene, alpha.....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFFN	4		0	0	0
Vitamin A, IU.....IU	204		0	NC	4		499	62	1995
Lycopene.....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01	0.002	12	A	1		0.01	0.00	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.002	12	A	1		0.00	0.00	0.02
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.2		24	AS	1		2.9	0.4	11.4
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.2	0.061	24	A	1		2.9	0.4	11.4
Vitamin D.....IU	47	2.431	24	A	1		114	14	458
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.056		0		1		0.136	0.017	0.544
4:0.....g	0.004	0.001	8		1		0.010	0.001	0.042
6:0.....g	0.000	0.000	12		1		0.001	0.000	0.005
8:0.....g	0.001	0.000	12		1		0.002	0.000	0.009
10:0.....g	0.002	0.000	12		1		0.005	0.001	0.019
12:0.....g	0.001	0.000	12		1		0.003	0.000	0.014
13:0.....g									
14:0.....g	0.008	0.001	12		1		0.020	0.002	0.079
15:0.....g									
16:0.....g	0.025	0.002	12		1		0.062	0.008	0.247
17:0.....g									
18:0.....g	0.009	0.001	12		1		0.022	0.003	0.088
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.055	0.007	0.219
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003	0.001	12		1		0.008	0.001	0.033
17:1.....g									
18:1 undifferentiated.....g	0.018	0.002	12		1		0.044	0.006	0.177
20:1.....g	0.000	0			1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0			1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.008	0.001	0.033
18:2 undifferentiated.....g	0.002	0.000	12		1		0.006	0.001	0.023
18:3 undifferentiated.....g	0.001	0.000	11		1		0.002	0.000	0.009
18:4.....g	0.000	0			1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0			1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0			1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0			1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0			1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2	0.070	4		1		4	1	18
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	A	1		0.106	0.013	0.422
Threonine.....g	0.144		0	A	1		0.352	0.044	1.407
Isoleucine.....g	0.174		0	A	1		0.427	0.053	1.709
Leucine.....g	0.319		0	A	1		0.782	0.098	3.126
Lysine.....g	0.282		0	A	1		0.691	0.086	2.762
Methionine.....g	0.088		0	A	1		0.216	0.027	0.865
Cystine.....g	0.021		0	A	1		0.050	0.006	0.201
Phenylalanine.....g	0.175		0	A	1		0.428	0.053	1.710
Tyrosine.....g	0.170		0	A	1		0.417	0.052	1.669
Valine.....g	0.221		0	A	1		0.541	0.068	2.162
Arginine.....g	0.096		0	A	1		0.236	0.029	0.943
Histidine.....g	0.102		0	A	1		0.249	0.031	0.995
Alanine.....g	0.114		0	A	1		0.279	0.035	1.111

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.288		0	A	1		0.706	0.088	2.826
Glutamic acid.....g	0.757		0	A	1		1.855	0.232	7.420
Glycine.....g	0.067		0	A	1		0.163	0.020	0.654
Proline.....g	0.332		0	A	1		0.815	0.102	3.258
Serine.....g	0.203		0	A	1		0.498	0.062	1.991
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common			
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	measures of food		
			Points	of Data				Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	90.84	0.032	12	A	1		222.56	890.22		
Energy.....kcal	34		0	NC	4		83	333		
Energy.....kJ	142		0	NC	4		348	1392		
Protein.....g	3.37	0.032	12	A	1		8.26	33.03		
Total lipid (fat).....g	0.08	0.009	12	A	1		0.20	0.78		
Ash.....g	0.75	0.006	12	A	1		1.85	7.38		
Carbohydrate, by difference.....g	4.96		0	NC	4		12.14	48.58		
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0		
Sugars, total.....g	5.09	0.048	12	A	1		12.48	49.93		
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00		
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00		
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00		
Lactose.....g	5.09	0.048	12	A	1		12.48	49.93		
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00		
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00		
Starch.....g										
Minerals:										
Calcium, Ca.....mg	122	0.946	4	A	1		300	1198		
Iron, Fe.....mg	0.03	0.003	4	A	1		0.06	0.25		
Magnesium, Mg.....mg	11	0.071	41	A	1		27	106		
Phosphorus, P.....mg	101	0.424	39	A	1		247	989		
Potassium, K.....mg	156	0.764	26	A	1		382	1527		
Sodium, Na.....mg	42	0.421	40	A	1		103	411		
Zinc, Zn.....mg	0.42	0.003	27	A	1		1.03	4.12		
Copper, Cu.....mg	0.013	0.000	24	A	1		0.032	0.127		
Manganese, Mn.....mg	0.003	0.000	12	A	1		0.006	0.025		
Selenium, Se.....µg	3.1	0.260	11	A	1		7.6	30.5		
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0		
Thiamin.....mg	0.045	0.004	12	A	1		0.110	0.439		
Riboflavin.....mg	0.182	0.004	12	A	1		0.445	1.780		
Niacin.....mg	0.094	0.004	12	A	1		0.231	0.925		
Pantothenic acid.....mg	0.357	0.005	4	A	1		0.876	3.503		
Vitamin B-6.....mg	0.037	0.001	12	A	1		0.092	0.366		
Folate, total.....µg	5	0.000	10	A	1		12	49		
Folic acid.....µg	0		0	Z	7		0	0		
Folate, food.....µg	5	0.000	10	A	1		12	49		
Folate, DFE.....µg	5		0	NC	4		12	49		
Choline, total.....mg	15.6		0	AS	1		38.3	153.3		
Betaine.....mg	1.9		1	A	1		4.7	18.8		
Vitamin B-12.....µg	0.50	0.069	4	A	1		1.23	4.92		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE.....µg	2		0	NC	4		4	16		
Retinol.....µg	1		0	BFFN	4		3	11		
Carotene, beta.....µg	7		0	BFZN	4		16	65		
Carotene, alpha.....µg	0		0	BFZN	4		0	0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0		
Vitamin A, IU.....IU	15		0	NC	4		36	145		
Lycopene.....µg	0		0	BFZN	4		0	0		
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol).....mg	0.01	0.002	12	A	1		0.01	0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00		
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00		
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00		
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00		
Tocotrienol, alpha.....mg	0.00	0.002	12	A	1		0.00	0.02		
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00		

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	BFFN	4		0	1	
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.051		0	NC	4		0.125	0.501	
4:0.....g	0.004		0		1		0.010	0.042	
6:0.....g	0.000		0		1		0.001	0.005	
8:0.....g	0.001		0		1		0.002	0.009	
10:0.....g	0.002		0		1		0.005	0.019	
12:0.....g	0.001		0		1		0.003	0.014	
13:0.....g									
14:0.....g	0.008		0		1		0.020	0.079	
15:0.....g									
16:0.....g	0.025		0		1		0.062	0.246	
17:0.....g									
18:0.....g	0.009		0		1		0.022	0.088	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	NC	4		0.052	0.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.033	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044	0.176	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0	NC	4		0.008	0.033	
18:2 undifferentiated.....g	0.002		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	A	1		0.106	0.422	
Threonine.....g	0.144		0	A	1		0.352	1.407	
Isoleucine.....g	0.174		0	A	1		0.427	1.709	
Leucine.....g	0.319		0	A	1		0.782	3.126	
Lysine.....g	0.282		0	A	1		0.691	2.762	
Methionine.....g	0.088		0	A	1		0.216	0.865	
Cystine.....g	0.021		0	A	1		0.050	0.201	
Phenylalanine.....g	0.175		0	A	1		0.428	1.710	
Tyrosine.....g	0.170		0	A	1		0.417	1.669	
Valine.....g	0.221		0	A	1		0.541	2.162	
Arginine.....g	0.096		0	A	1		0.236	0.943	
Histidine.....g	0.102		0	A	1		0.249	0.995	
Alanine.....g	0.114		0	A	1		0.279	1.116	

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Aspartic acid.....g	0.288		0	A	1		0.706	2.826
Glutamic acid.....g	0.757		0	A	1		1.855	7.420
Glycine.....g	0.067		0	A	1		0.163	0.654
Proline.....g	0.332		0	A	1		0.815	3.258
Serine.....g	0.203		0	A	1		0.498	1.991
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.69		0		1		213.96	855.85	
Energy.....kcal	64		0	NC	4		157	626	
Energy.....kJ	268				4		655	2621	
Protein (N x 6.38).....g	3.28		0		1		8.00	32.01	
Total lipid (fat).....g	3.66		0		1		8.93	35.72	
Ash.....g	0.72		0		1		1.76	7.03	
Carbohydrate, by difference.....g	4.65		0	NC	4		11.35	45.38	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0		1		290	1161	
Iron, Fe.....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg.....mg	13		0		1		33	131	
Phosphorus, P.....mg	93		0		1		227	909	
Potassium, K.....mg	151		0		1		368	1474	
Sodium, Na.....mg	49		0		1		119	476	
Zinc, Zn.....mg	0.38		0		1		0.93	3.71	
Copper, Cu.....mg	0.010		0		1		0.024	0.098	
Manganese, Mn.....mg	0.004		0		1		0.010	0.039	
Selenium, Se.....µg	2.0		0	BFNN	4		4.9	19.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0		1		3.6	14.3	
Thiamin.....mg	0.038		0		1		0.093	0.371	
Riboflavin.....mg	0.161		0		1		0.393	1.571	
Niacin.....mg	0.084		0		1		0.205	0.820	
Pantothenic acid.....mg	0.313		0		1		0.764	3.055	
Vitamin B-6.....mg	0.042		0		1		0.102	0.410	
Folate, total.....µg	5		0		1		12	49	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		1		12	49	
Folate, DFE.....µg	5		0	NC	4		12	49	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.36		0		1		0.87	3.47	
Vitamin A, RAE.....µg	33		0	NC	4		79	317	
Retinol.....µg	31		0	NC	4		76	303	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	138		0		1		337	1347	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	2.278		0		1		5.558 22.233
4:0.....g	0.119		52		1		0.290 1.161
6:0.....g	0.070		68		1		0.171 0.683
8:0.....g	0.041		89		1		0.100 0.400
10:0.....g	0.092		89		1		0.224 0.898
12:0.....g	0.103		89		1		0.251 1.005
13:0.....g							
14:0.....g	0.368		88		1		0.898 3.592
15:0.....g							
16:0.....g	0.963		88		1		2.350 9.399
17:0.....g							
18:0.....g	0.444		88		1		1.083 4.333
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.057		0		1		2.579 10.316
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.082		71		1		0.200 0.800
17:1.....g							
18:1 undifferentiated.....g	0.921		78		1		2.247 8.989
20:1.....g	0.000		0		1		0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.136		0		1		0.332 1.327
18:2 undifferentiated.....g	0.083		74		1		0.203 0.810
18:3 undifferentiated.....g	0.053		65		1		0.129 0.517
18:4.....g	0.000		0		1		0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	14		0		1		35 140
Phytosterols.....mg	0		0		1		0 0
Amino Acids:							
Tryptophan.....g	0.046		0		1		0.112 0.449
Threonine.....g	0.148		0		1		0.361 1.444
Isoleucine.....g	0.198		0		1		0.483 1.932
Leucine.....g	0.321		0		1		0.783 3.133
Lysine.....g	0.260		0		1		0.634 2.538
Methionine.....g	0.082		0		1		0.200 0.800
Cystine.....g	0.030		0		1		0.073 0.293
Phenylalanine.....g	0.158		0		1		0.386 1.542
Tyrosine.....g	0.158		0		1		0.386 1.542
Valine.....g	0.220		0		1		0.537 2.147
Arginine.....g	0.119		0		1		0.290 1.161
Histidine.....g	0.089		0		1		0.217 0.869
Alanine.....g	0.113		0		1		0.276 1.103
Aspartic acid.....g	0.249		0		1		0.608 2.430
Glutamic acid.....g	0.687		0		1		1.676 6.705
Glycine.....g	0.069		0		1		0.168 0.673
Proline.....g	0.318		0		1		0.776 3.104
Serine.....g	0.178		0		1		0.434 1.737
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 244g: 1 cup
Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number of Data		Deriv Code	Source Code	Confidence Code		Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	87.71	0.021	119		1		215.77	863.07	
Energy.....kcal	56		0	NC	4		137	546	
Energy.....kJ	232		0		4		571	2286	
Protein (N x 6.38).....g	3.95	0.009	104		1		9.72	38.87	
Total lipid (fat).....g	1.98	0.010	114		1		4.87	19.48	
Ash.....g	0.87		0		1		2.14	8.56	
Carbohydrate, by difference.....g	5.49		0	NC	4		13.51	54.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	5.26		0	BFFN	4		12.94	51.74	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		0		1		352	1408	
Iron, Fe.....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg.....mg	16		0		1		40	158	
Phosphorus, P.....mg	112		0		1		276	1102	
Potassium, K.....mg	182		0		1		447	1788	
Sodium, Na.....mg	59		0		1		145	579	
Zinc, Zn.....mg	0.45		0		1		1.11	4.43	
Copper, Cu.....mg	0.008		0		1		0.020	0.079	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.6		0	BFFN	4		6.4	25.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0		1		2.8	11.0	
Thiamin.....mg	0.045		0		1		0.111	0.443	
Riboflavin.....mg	0.194		0		1		0.477	1.909	
Niacin.....mg	0.101		0		1		0.248	0.994	
Pantothenic acid.....mg	0.376		0		1		0.925	3.700	
Vitamin B-6.....mg	0.051		0		1		0.125	0.502	
Folate, total.....µg	6		0		1		15	59	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		1		15	59	
Folate, DFE.....µg	6		0	NC	4		15	59	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.43		0		1		1.05	4.21	
Vitamin A, RAE.....µg	0		0	NC	4		1	3	
Retinol.....µg									
Carotene, beta.....µg	3		0	BFFN	4		8	31	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	5		0	NC	4		13	52	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFFN	4		0.09	0.35	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D.....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4		0.3	1.3	

Lipids:

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.232		0		1		3.031	12.123	
4:0.....g	0.064	0.001	52		1		0.157	0.630	
6:0.....g	0.038	0.001	68		1		0.093	0.374	
8:0.....g	0.022	0.001	89		1		0.054	0.216	
10:0.....g	0.050	0.001	89		1		0.123	0.492	
12:0.....g	0.056	0.001	89		1		0.138	0.551	
13:0.....g									
14:0.....g	0.199	0.003	88		1		0.490	1.958	
15:0.....g									
16:0.....g	0.521	0.007	88		1		1.282	5.127	
17:0.....g									
18:0.....g	0.240	0.003	88		1		0.590	2.362	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.572		0		1		1.407	5.628	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044	0.002	71		1		0.108	0.433	
17:1.....g									
18:1 undifferentiated.....g	0.498	0.007	78		1		1.225	4.900	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.182	0.728	
18:2 undifferentiated.....g	0.045	0.002	74		1		0.111	0.443	
18:3 undifferentiated.....g	0.029	0.002	65		1		0.071	0.285	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		19	76	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.138	0.551	
Threonine.....g	0.178		0		1		0.438	1.752	
Isoleucine.....g	0.239		0		1		0.588	2.352	
Leucine.....g	0.387		0		1		0.952	3.808	
Lysine.....g	0.313		0		1		0.770	3.080	
Methionine.....g	0.099		0		1		0.244	0.974	
Cystine.....g	0.037		0		1		0.091	0.364	
Phenylalanine.....g	0.191		0		1		0.470	1.879	
Tyrosine.....g	0.191		0		1		0.470	1.879	
Valine.....g	0.264		0		1		0.649	2.598	
Arginine.....g	0.143		0		1		0.352	1.407	
Histidine.....g	0.107		0		1		0.263	1.053	
Alanine.....g	0.136		0		1		0.335	1.338	
Aspartic acid.....g	0.300		0		1		0.738	2.952	
Glutamic acid.....g	0.827		0		1		2.034	8.138	
Glycine.....g	0.084		0		1		0.207	0.827	
Proline.....g	0.383		0		1		0.942	3.769	
Serine.....g	0.215		0		1		0.529	2.116	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 01081
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitam in D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 246g: 1 cup
Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.86		0		1		217.71	870.83	
Energy.....kcal	51		0	NC	4		125	500	
Energy.....kJ	213		0		4		522	2090	
Protein (N x 6.38).....g	3.48	0.024	59		1		8.53	34.10	
Total lipid (fat).....g	1.92	0.010	559		1		4.70	18.82	
Ash.....g	0.77		0		1		1.89	7.55	
Carbohydrate, by difference.....g	4.97		0	NC	4		12.18	48.71	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		0		1		313	1251	
Iron, Fe.....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg.....mg	14		0		1		35	141	
Phosphorus, P.....mg	100		0		1		245	979	
Potassium, K.....mg	162		0		1		397	1589	
Sodium, Na.....mg	52		0		1		128	514	
Zinc, Zn.....mg	0.40		0		1		0.98	3.92	
Copper, Cu.....mg	0.008		0		1		0.020	0.078	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.3		0	BFNN	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		2.5	9.8	
Thiamin.....mg	0.040		0		1		0.098	0.392	
Riboflavin.....mg	0.173		0		1		0.424	1.695	
Niacin.....mg	0.090		0		1		0.221	0.882	
Pantothenic acid.....mg	0.336		0		1		0.823	3.293	
Vitamin B-6.....mg	0.045		0		1		0.110	0.441	
Folate, total.....µg	5		0		1		13	52	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		1		13	52	
Folate, DFE.....µg	5		0	NC	4		13	52	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.38		0		1		0.94	3.74	
Vitamin A, RAE.....µg	56		0	NC	4		137	549	
Retinol.....µg	55		0	NC	4		135	539	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	204		0		1		500	1999	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D.....IU	40		0	S	4		98	392	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.195		0		1		2.928	11.711	
4:0.....g	0.062	0.001	52		1		0.152	0.608	
6:0.....g	0.037	0.001	68		1		0.091	0.363	
8:0.....g	0.021	0.001	89		1		0.051	0.206	
10:0.....g	0.048	0.001	89		1		0.118	0.470	
12:0.....g	0.054	0.001	89		1		0.132	0.529	
13:0.....g									
14:0.....g	0.193	0.003	88		1		0.473	1.891	
15:0.....g									
16:0.....g	0.505	0.007	88		1		1.237	4.949	
17:0.....g									
18:0.....g	0.233	0.003	88		1		0.571	2.283	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.555		0		1		1.360	5.439	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043	0.001	71		1		0.105	0.421	
17:1.....g									
18:1 undifferentiated.....g	0.483	0.007	78		1		1.183	4.733	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.174	0.696	
18:2 undifferentiated.....g	0.043	0.002	74		1		0.105	0.421	
18:3 undifferentiated.....g	0.028	0.002	65		1		0.069	0.274	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		18	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.120	0.480	
Threonine.....g	0.157		0		1		0.385	1.539	
Isoleucine.....g	0.211		0		1		0.517	2.068	
Leucine.....g	0.341		0		1		0.835	3.342	
Lysine.....g	0.276		0		1		0.676	2.705	
Methionine.....g	0.087		0		1		0.213	0.853	
Cystine.....g	0.032		0		1		0.078	0.314	
Phenylalanine.....g	0.168		0		1		0.412	1.646	

NDB No. 01080
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup
Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.71		0		1		214.89	859.56	
Energy.....kcal	56		0	NC	4		136	544	
Energy.....kJ	232		0		4		569	2276	
Protein (N x 6.38).....g	3.95		0		1		9.68	38.71	
Total lipid (fat).....g	1.98		0		1		4.85	19.40	
Ash.....g	0.87		0		1		2.13	8.53	
Carbohydrate, by difference.....g	5.49		0	NC	4		13.45	53.80	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		0		1		351	1402	
Iron, Fe.....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg.....mg	15		0		1		36	142	
Phosphorus, P.....mg	112		0		1		274	1098	
Potassium, K.....mg	182		0		1		445	1781	
Sodium, Na.....mg	59		0		1		144	576	
Zinc, Zn.....mg	0.41		0		1		1.00	4.02	
Copper, Cu.....mg	0.011		0		1		0.027	0.108	
Manganese, Mn.....mg	0.002		0		1		0.005	0.020	
Selenium, Se.....µg	2.6		0	BFNN	4		6.4	25.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0		1		2.7	11.0	
Thiamin.....mg	0.045		0		1		0.110	0.441	
Riboflavin.....mg	0.194		0		1		0.475	1.901	
Niacin.....mg	0.101		0		1		0.247	0.990	
Pantothenic acid.....mg	0.339		0		1		0.831	3.322	
Vitamin B-6.....mg	0.046		0		1		0.113	0.451	
Folate, total.....µg	5		0		1		13	53	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		1		13	53	
Folate, DFE.....µg	5		0	NC	4		13	53	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		0		1		0.95	3.78	
Vitamin A, RAE.....µg	17		0	NC	4		42	167	
Retinol.....µg	16		0	NC	4		39	157	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	75		0		1		184	735	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total saturated.....g	1.232		0		1		3.018	12.074	
4:0.....g	0.013	0.001	8		1		0.032	0.127	
6:0.....g	0.002	0.000	12		1		0.005	0.020	
8:0.....g	0.003	0.000	12		1		0.007	0.029	
10:0.....g	0.005	0.001	12		1		0.012	0.049	
12:0.....g	0.003	0.000	12		1		0.007	0.029	
13:0.....g									
14:0.....g	0.024	0.001	12		1		0.059	0.235	
15:0.....g									
16:0.....g	0.073	0.004	12		1		0.179	0.715	
17:0.....g									
18:0.....g	0.026	0.001	12		1		0.064	0.255	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.065		0		1		0.159	0.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.001	12		1		0.022	0.088	
17:1.....g									
18:1 undifferentiated.....g	0.498		0		1		1.220	4.880	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.022	0.088	
18:2 undifferentiated.....g	0.045		0		1		0.110	0.441	
18:3 undifferentiated.....g	0.003	0.000	11		1		0.007	0.029	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		19	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.123	0.490	
Threonine.....g	0.161		0		1		0.394	1.578	
Isoleucine.....g	0.216		0		1		0.529	2.117	
Leucine.....g	0.350		0		1		0.858	3.430	
Lysine.....g	0.283		0		1		0.693	2.773	
Methionine.....g	0.090		0		1		0.221	0.882	
Cystine.....g	0.033		0		1		0.081	0.323	
Phenylalanine.....g	0.172		0		1		0.421	1.686	
Tyrosine.....g	0.172		0		1		0.421	1.686	
Valine.....g	0.239		0		1		0.586	2.342	
Arginine.....g	0.129		0		1		0.316	1.264	
Histidine.....g	0.097		0		1		0.238	0.951	
Alanine.....g	0.123		0		1		0.301	1.205	
Aspartic acid.....g	0.271		0		1		0.664	2.656	
Glutamic acid.....g	0.748		0		1		1.833	7.330	
Glycine.....g	0.076		0		1		0.186	0.745	
Proline.....g	0.346		0		1		0.848	3.391	
Serine.....g	0.194		0		1		0.475	1.901	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.21	0.193	17	A	1		217.66	27.21	870.65
Energy.....kcal	50		0	NC	4		122	15	489
Energy.....kJ	210		0	NC	4		512	64	2050
Protein (N x 6.38).....g	3.30	0.033	13	A	1		8.06	1.01	32.25
Total lipid (fat).....g	1.98	0.008	14	JO	11		4.82	0.60	19.30
Ash.....g	0.71	0.035	13	A	1		1.73	0.22	6.92
Carbohydrate, by difference.....g	4.80		0	NC	4		11.72	1.47	46.88
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.06	0.061	13	A	1		12.35	1.54	49.40
Sucrose.....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Glucose (dextrose).....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Fructose.....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Lactose.....g	5.01	0.062	13	A	1		12.23	1.53	48.94
Maltose.....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Galactose.....g	0.02	0.008	13	A	1		0.04	0.00	0.16
Starch.....g									
Minerals:									
Calcium, Ca.....mg	120	0.707	4	A	1		293	37	1171
Iron, Fe.....mg	0.02	0.002	4	A	1		0.06	0.01	0.24
Magnesium, Mg.....mg	11	0.098	31	A	1		28	3	110
Phosphorus, P.....mg	92	0.526	28	A	1		223	28	894
Potassium, K.....mg	140	2.114	31	A	1		341	43	1363
Sodium, Na.....mg	47	0.832	31	A	1		114	14	454
Zinc, Zn.....mg	0.48	0.015	29	A	1		1.18	0.15	4.73
Copper, Cu.....mg	0.006	0.000	30	A	1		0.014	0.002	0.054
Manganese, Mn.....mg	0.014	0.000	30	A	1		0.034	0.004	0.136
Selenium, Se.....µg	2.5	0.174	30	A	1		6.1	0.8	24.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	5	A	1		0.5	0.1	1.8
Thiamin.....mg	0.039	0.005	13	A	1		0.096	0.012	0.385
Riboflavin.....mg	0.185	0.003	13	A	1		0.452	0.056	1.808
Niacin.....mg	0.092	0.002	12	A	1		0.224	0.028	0.897
Pantothenic acid.....mg	0.356	0.019	5	A	1		0.868	0.108	3.470
Vitamin B-6.....mg	0.038	0.001	13	A	1		0.093	0.012	0.374
Folate, total.....µg	5	0.149	12	A	1		11	1	45
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5	0.149	12	A	1		11	1	45
Folate, DFE.....µg	5		0	NC	4		11	1	45
Choline, total.....mg	16.4		0	AS	1		40.0	5.0	160.1
Betaine.....mg	0.9		2	A	1		2.3	0.3	9.2
Vitamin B-12.....µg	0.53	0.033	4	A	1		1.31	0.16	5.22
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	55		0	NC	4		135	17	540
Retinol.....µg	55		0	T	4		134	17	537
Carotene, beta.....µg	4		0	BFFN	4		10	1	39
Carotene, alpha.....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFFN	4		0	0	0
Vitamin A, IU.....IU	190		0	NC	4		464	58	1855
Lycopene.....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.03	0.003	12	A	1		0.08	0.01	0.30
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.2		24	AS	1		3.0	0.4	11.8
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.2	0.065	24	A	1		3.0	0.4	11.8
Vitamin D.....IU	49	2.615	24	A	1		118	15	474
Vitamin K (phylloquinone).....µg	0.2	0.048	4	A	1		0.4	0.1	1.7
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.257		0	NC	4		3.068	0.384	12.272
4:0.....g	0.077	0.001	5	A	1		0.187	0.023	0.748
6:0.....g	0.040	0.002	4	A	1		0.098	0.012	0.392
8:0.....g	0.020	0.001	5	A	1		0.050	0.006	0.199
10:0.....g	0.049	0.002	5	A	1		0.120	0.015	0.480
12:0.....g	0.055	0.002	5	A	1		0.133	0.017	0.533
13:0.....g	0.002		1	A	1		0.005	0.001	0.020
14:0.....g	0.175	0.003	5	A	1		0.428	0.054	1.712
15:0.....g	0.020	0.000	5	A	1		0.049	0.006	0.194
16:0.....g	0.558	0.009	5	A	1		1.362	0.170	5.448
17:0.....g	0.011	0.000	5	A	1		0.027	0.003	0.110
18:0.....g	0.243	0.004	5	A	1		0.593	0.074	2.370
20:0.....g	0.004	0.000	4	A	1		0.010	0.001	0.039
22:0.....g	0.002		1	A	1		0.005	0.001	0.020
24:0.....g									
Fatty acids, total monounsaturated.....g	0.560		0	NC	4		1.366	0.171	5.466
14:1.....g	0.015	0.001	5	A	1		0.035	0.004	0.142
15:1.....g	0.004	0.000	5	A	1		0.010	0.001	0.040
16:1 undifferentiated.....g	0.027		0	AS	1		0.065	0.008	0.259
16:1 c.....g	0.027	0.001	4	A	1		0.065	0.008	0.259
16:1 t.....g									
17:1.....g	0.005	0.000	5	A	1		0.012	0.001	0.048
18:1 undifferentiated.....g	0.508		0	AS	1		1.238	0.155	4.954
18:1 c.....g	0.430	0.005	4	A	1		1.048	0.131	4.194
18:1 t.....g	0.078	0.005	4	A	1		0.190	0.024	0.760
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.002	0.000	5	A	1		0.005	0.001	0.020
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.001	0.000	0.004
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	NC	4		0.178	0.022	0.713
18:2 undifferentiated.....g	0.062		0	AS	1		0.151	0.019	0.603
18:2 n-6 c,c.....g	0.055	0.003	4	A	1		0.133	0.017	0.533
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.007	0.000	4	A	1		0.017	0.002	0.070
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.008		0	AS	1		0.020	0.003	0.081
18:3 n-3 c,c,c (ALA).....g	0.008	0.000	4	A	1		0.020	0.003	0.081
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.003		1	A	1		0.007	0.001	0.029
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.085		0	NC	4		0.207	0.026	0.829

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total trans-monoenoic.....g	0.078		0	NC	4	0.190	0.024	0.760
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4	0.017	0.002	0.070
Cholesterol.....mg	8	0.090	5	A	1	20	2	80
Phytosterols.....mg								
Stigmasterol.....mg	0	0.000	4	A	1	0	0	0
Campesterol.....mg	0	0.000	4	A	1	0	0	0
Beta-sitosterol.....mg	0	0.000	4	A	1	0	0	0
Amino Acids:								
Tryptophan.....g	0.042		0	A	1	0.103	0.013	0.412
Threonine.....g	0.141		0	A	1	0.343	0.043	1.374
Isoleucine.....g	0.171		0	A	1	0.417	0.052	1.669
Leucine.....g	0.313		0	A	1	0.763	0.095	3.052
Lysine.....g	0.276		0	A	1	0.674	0.084	2.697
Methionine.....g	0.087		0	A	1	0.211	0.026	0.844
Cystine.....g	0.020		0	A	1	0.049	0.006	0.196
Phenylalanine.....g	0.171		0	A	1	0.417	0.052	1.670
Tyrosine.....g	0.167		0	A	1	0.407	0.051	1.629
Valine.....g	0.216		0	A	1	0.528	0.066	2.111
Arginine.....g	0.094		0	A	1	0.230	0.029	0.921
Histidine.....g	0.100		0	A	1	0.243	0.030	0.972
Alanine.....g	0.112		0	A	1	0.272	0.034	1.090
Aspartic acid.....g	0.283		0	A	1	0.690	0.086	2.759
Glutamic acid.....g	0.742		0	A	1	1.811	0.226	7.244
Glycine.....g	0.065		0	A	1	0.160	0.020	0.638
Proline.....g	0.326		0	A	1	0.795	0.099	3.181
Serine.....g	0.199		0	A	1	0.486	0.061	1.944
Hydroxyproline.....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate** 3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01174

Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.21	0.193	17	A	1		219.45	877.78	
Energy.....kcal	50		0	NC	4		123	493	
Energy.....kJ	210		0	NC	4		517	2066	
Protein (N x 0).....g	3.30	0.033	13	A	1		8.13	32.52	
Total lipid (fat).....g	1.98	0.008	14	JO	11		4.86	19.46	
Ash.....g	0.71	0.035	13	A	1		1.74	6.98	
Carbohydrate, by difference.....g	4.80		0	NC	4		11.82	47.26	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	5.06	0.061	13	A	1		12.45	49.80	
Sucrose.....g	0.01	0.000	13	A	1		0.02	0.08	
Glucose (dextrose).....g	0.01	0.000	13	A	1		0.02	0.08	
Fructose.....g	0.01	0.000	13	A	1		0.02	0.08	
Lactose.....g	5.01	0.062	13	A	1		12.33	49.34	
Maltose.....g	0.01	0.000	13	A	1		0.02	0.08	
Galactose.....g	0.02	0.008	13	A	1		0.04	0.16	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	120	0.707	4	A	1		295	1181	
Iron, Fe.....mg	0.02	0.002	4	A	1		0.06	0.24	
Magnesium, Mg.....mg	11	0.098	31	A	1		28	111	
Phosphorus, P.....mg	92	0.526	28	A	1		225	901	
Potassium, K.....mg	140	2.114	31	A	1		344	1375	
Sodium, Na.....mg	47	0.832	31	A	1		114	458	
Zinc, Zn.....mg	0.48	0.015	29	A	1		1.19	4.77	
Copper, Cu.....mg	0.006	0.000	30	A	1		0.014	0.055	
Manganese, Mn.....mg	0.014	0.000	30	A	1		0.034	0.137	
Selenium, Se.....µg	2.5	0.174	30	A	1		6.1	24.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	5	A	1		0.5	1.8	
Thiamin.....mg	0.039	0.005	13	A	1		0.097	0.388	
Riboflavin.....mg	0.185	0.003	13	A	1		0.456	1.823	
Niacin.....mg	0.092	0.002	12	A	1		0.226	0.904	
Pantothenic acid.....mg	0.356	0.019	5	A	1		0.875	3.499	
Vitamin B-6.....mg	0.038	0.001	13	A	1		0.094	0.377	
Folate, total.....µg	5	0.149	12	A	1		11	45	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.149	12	A	1		11	45	
Folate, DFE.....µg	5		0	NC	4		11	45	
Choline, total.....mg	16.4		0	AS	1		40.4	161.4	
Betaine.....mg	0.9		2	A	1		2.3	9.3	
Vitamin B-12.....µg	0.53	0.033	4	A	1		1.32	5.26	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	28		0	NC	4		69	274	
Retinol.....µg	27		0	BFFN	4		67	269	
Carotene, beta.....µg	7		0	BFZN	4		16	65	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	102		0	NC	4		251	1006	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03	0.003	12	A	1		0.08	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	

NDB No. 01174

Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.1	0.4	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	BFFN	4		0.1	0.4	
Vitamin D.....IU	1		0	BFFN	4		4	14	
Vitamin K (phylloquinone).....µg	0.2	0.048	4	A	1		0.4	1.7	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.257		0	NC	4		3.093	12.372	
4:0.....g	0.077	0.001	5	A	1		0.188	0.754	
6:0.....g	0.040	0.002	4	A	1		0.099	0.395	
8:0.....g	0.020	0.001	5	A	1		0.050	0.200	
10:0.....g	0.049	0.002	5	A	1		0.121	0.483	
12:0.....g	0.055	0.002	5	A	1		0.134	0.537	
13:0.....g	0.002		1	A	1		0.005	0.020	
14:0.....g	0.175	0.003	5	A	1		0.432	1.726	
15:0.....g	0.020	0.000	5	A	1		0.049	0.196	
16:0.....g	0.558	0.009	5	A	1		1.373	5.493	
17:0.....g	0.011	0.000	5	A	1		0.028	0.110	
18:0.....g	0.243	0.004	5	A	1		0.597	2.390	
20:0.....g	0.004	0.000	4	A	1		0.010	0.039	
22:0.....g	0.002		1	A	1		0.005	0.020	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.560		0	NC	4		1.377	5.510	
14:1.....g	0.014	0.001	5	A	1		0.036	0.143	
15:1.....g	0.004	0.000	5	A	1		0.010	0.040	
16:1 undifferentiated.....g	0.027		0	AS	1		0.065	0.261	
16:1 c.....g	0.027	0.001	4	A	1		0.065	0.261	
16:1 t.....g									
17:1.....g	0.005	0.000	5	A	1		0.012	0.048	
18:1 undifferentiated.....g	0.507		0	AS	1		1.248	4.994	
18:1 c.....g	0.430	0.005	4	A	1		1.057	4.228	
18:1 t.....g	0.078	0.005	4	A	1		0.191	0.765	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.002	0.000	5	A	1		0.005	0.020	
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.001	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	NC	4		0.180	0.718	
18:2 undifferentiated.....g	0.062		0	AS	1		0.152	0.607	
18:2 n-6 c,c.....g	0.055	0.003	4	A	1		0.134	0.537	
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.007	0.000	4	A	1		0.018	0.070	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.008		0	AS	1		0.020	0.082	
18:3 n-3 c,c,c (ALA).....g	0.008	0.000	4	A	1		0.020	0.082	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.003		1	A	1		0.007	0.030	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.085		0	NC	4		0.209	0.836	

NDB No. 01174

Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total trans-monoenoic.....g	0.078		0	NC	4		0.191	0.765	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.018	0.070	
Cholesterol.....mg	8	0.090	5	A	1		20	80	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	
Campesterol.....mg	0	0.000	4	A	1		0	0	
Beta-sitosterol.....mg	0	0.000	4	A	1		0	0	
Amino Acids:									
Tryptophan.....g	0.042		0	A	1		0.104	0.416	
Threonine.....g	0.141		0	A	1		0.346	1.385	
Isoleucine.....g	0.171		0	A	1		0.421	1.682	
Leucine.....g	0.313		0	A	1		0.769	3.077	
Lysine.....g	0.276		0	A	1		0.680	2.719	
Methionine.....g	0.087		0	A	1		0.213	0.851	
Cystine.....g	0.020		0	A	1		0.049	0.198	
Phenylalanine.....g	0.171		0	A	1		0.421	1.683	
Tyrosine.....g	0.167		0	A	1		0.411	1.643	
Valine.....g	0.216		0	A	1		0.532	2.129	
Arginine.....g	0.094		0	A	1		0.232	0.928	
Histidine.....g	0.100		0	A	1		0.245	0.980	
Alanine.....g	0.112		0	A	1		0.275	1.099	
Aspartic acid.....g	0.283		0	A	1		0.695	2.782	
Glutamic acid.....g	0.742		0	A	1		1.826	7.304	
Glycine.....g	0.065		0	A	1		0.161	0.644	
Proline.....g	0.326		0	A	1		0.802	3.207	
Serine.....g	0.199		0	A	1		0.490	1.960	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01109
Milk, sheep, fluid

Refuse:0%

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.70		31		1		197.72	790.86	
Energy.....kcal	108		0	NC	4		264	1057	
Energy.....kJ	451				4		1105	4420	
Protein (N x 6.38).....g	5.98		112		1		14.65	58.60	
Total lipid (fat).....g	7.00		104		1		17.15	68.60	
Ash.....g	0.96		74		1		2.35	9.41	
Carbohydrate, by difference.....g	5.36		0	NC	4		13.13	52.53	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	193		92		1		474	1895	
Iron, Fe.....mg	0.10		1		1		0.25	0.98	
Magnesium, Mg.....mg	18		62		1		45	180	
Phosphorus, P.....mg	158		92		1		387	1548	
Potassium, K.....mg	137		74		1		334	1338	
Sodium, Na.....mg	44		74		1		108	432	
Zinc, Zn.....mg	0.54		0		4		1.32	5.29	
Copper, Cu.....mg	0.046		0		1		0.113	0.451	
Manganese, Mn.....mg	0.018		0		1		0.044	0.176	
Selenium, Se.....µg	1.7		0	BFZN	4		4.2	16.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.2		7		1		10.2	40.8	
Thiamin.....mg	0.065		9		1		0.159	0.637	
Riboflavin.....mg	0.355		11		1		0.870	3.479	
Niacin.....mg	0.417		7		1		1.022	4.087	
Pantothenic acid.....mg	0.407		5		1		0.997	3.989	
Vitamin B-6.....mg	0.060		0		4		0.147	0.588	
Folate, total.....µg	7		0		4		17	69	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		4		17	69	
Folate, DFE.....µg	7		0	NC	4		17	69	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.71		14		1		1.74	6.97	
Vitamin A, RAE.....µg	44	0.000	11		1		108	433	
Retinol.....µg	44	0.000	11		1		108	433	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	147		11		1		360	1441	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01109
Milk, sheep, fluid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total saturated.....g	4.603		0		1		11.277 45.109
4:0.....g	0.204		13		1		0.500 1.999
6:0.....g	0.145		13		1		0.355 1.421
8:0.....g	0.138		13		1		0.338 1.352
10:0.....g	0.400		14		1		0.980 3.920
12:0.....g	0.239		14		1		0.586 2.342
13:0.....g							
14:0.....g	0.660		14		1		1.617 6.468
15:0.....g							
16:0.....g	1.622		14		1		3.974 15.896
17:0.....g							
18:0.....g	0.899		14		1		2.203 8.810
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.724		0		1		4.224 16.895
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.128		12		1		0.314 1.254
17:1.....g							
18:1 undifferentiated.....g	1.558		14		1		3.817 15.268
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.308		0		1		0.755 3.018
18:2 undifferentiated.....g	0.181		14		1		0.443 1.774
18:3 undifferentiated.....g	0.127		12		1		0.311 1.245
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	27		0		4		66 265
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.084		0		1		0.206 0.823
Threonine.....g	0.268		0		1		0.657 2.626
Isoleucine.....g	0.338		0		1		0.828 3.312
Leucine.....g	0.587		0		1		1.438 5.753
Lysine.....g	0.513		0		1		1.257 5.027
Methionine.....g	0.155		0		1		0.380 1.519
Cystine.....g	0.035		0		1		0.086 0.343
Phenylalanine.....g	0.284		0		1		0.696 2.783
Tyrosine.....g	0.281		0		1		0.688 2.754
Valine.....g	0.448		0		1		1.098 4.390
Arginine.....g	0.198		0		1		0.485 1.940
Histidine.....g	0.167		0		1		0.409 1.637
Alanine.....g	0.269		0		1		0.659 2.636
Aspartic acid.....g	0.328		0		1		0.804 3.214
Glutamic acid.....g	1.019		0		1		2.497 9.986
Glycine.....g	0.041		0		1		0.100 0.402
Proline.....g	0.580		0		4		1.421 5.684
Serine.....g	0.492		0		1		1.205 4.822
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01109
Milk, sheep, fluid

Common Measures:
Measure 1 = 245g: 1 cup
Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate**3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01077

Milk, w hole, 3.25% milkfat, with added vitam in D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.13	0.050	28	A	1		215.03	26.88	13.22
Energy.....kcal	61		0	NC	4		148	18	9
Energy.....kJ	254		0	NC	4		620	77	38
Protein (N x 6.38).....g	3.15	0.029	27	A	1		7.70	0.96	0.47
Total lipid (fat).....g	3.25		0	S	4		7.93	0.99	0.49
Ash.....g	0.67	0.004	24	A	1		1.64	0.21	0.10
Carbohydrate, by difference.....g	4.80		0	NC	4		11.71	1.46	0.72
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.05		0	AS	1		12.33	1.54	0.76
Sucrose.....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose.....g	5.05	0.052	24	A	1		12.33	1.54	0.76
Maltose.....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113	1.760	16	A	1		275	34	17
Iron, Fe.....mg	0.03	0.002	46	A	1		0.08	0.01	0.00
Magnesium, Mg.....mg	10	0.116	42	A	1		25	3	2
Phosphorus, P.....mg	84	1.087	42	A	1		205	26	13
Potassium, K.....mg	132	1.985	41	A	1		323	40	20
Sodium, Na.....mg	43	0.548	42	A	1		104	13	6
Zinc, Zn.....mg	0.37	0.007	42	A	1		0.91	0.11	0.06
Copper, Cu.....mg	0.025	0.001	42	A	1		0.061	0.008	0.004
Manganese, Mn.....mg	0.004	0.000	41	A	1		0.011	0.001	0.001
Selenium, Se.....µg	3.7	0.185	29	A	1		9.0	1.1	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	7	A	1		0.0	0.0	0.0
Thiamin.....mg	0.046	0.001	24	A	1		0.112	0.014	0.007
Riboflavin.....mg	0.169	0.001	23	A	1		0.411	0.051	0.025
Niacin.....mg	0.089	0.003	24	A	1		0.216	0.027	0.013
Pantothenic acid.....mg	0.373	0.003	8	A	1		0.910	0.114	0.056
Vitamin B-6.....mg	0.036	0.000	24	A	1		0.087	0.011	0.005
Folate, total.....µg	5	0.534	8		1		12	2	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5	0.534	8		1		12	2	1
Folate, DFE.....µg	5		0	NC	4		12	2	1
Choline, total.....mg	14.3		0	AS	1		34.9	4.4	2.1
Betaine.....mg	0.6		1	A	1		1.5	0.2	0.1
Vitamin B-12.....µg	0.45	0.021	14	A	1		1.09	0.14	0.07
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	46		0	AS	1		112	14	7
Retinol.....µg	45	1.926	4	A	1		110	14	7
Carotene, beta.....µg	7	0.618	10	A	1		16	2	1
Carotene, alpha.....µg	0	0.000	10	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	10	A	1		0	0	0
Vitamin A, IU.....IU	162		0	AS	1		395	49	24
Lycopene.....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....µg	0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07	0.003	24	A	1		0.17	0.02	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.001	24	A	1		0.01	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.001	24	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	24	A	1		0.00	0.00	0.00

NDB No. 01077

Milk, w hole, 3.25% milkfat, with added vitam in D

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00	0.000	24	A	1	0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	24	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.3		24	AS	1	3.1	0.4	0.2
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg	1.3	0.082	24	A	1	3.1	0.4	0.2
Vitamin D.....IU	51	3.297	24	A	1	125	16	8
Vitamin K (phyloquinone).....µg	0.3	0.007	8	A	1	0.6	0.1	0.0
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	1.0	0.050	4	A	1	2.3	0.3	0.1
Lipids:								
Fatty acids, total saturated.....g	1.865		0	NC	4	4.551	0.569	0.280
4:0.....g	0.075	0.000	12	A	1	0.182	0.023	0.011
6:0.....g	0.075	0.000	12	A	1	0.182	0.023	0.011
8:0.....g	0.075	0.000	12	A	1	0.182	0.023	0.011
10:0.....g	0.075	0.000	12	A	1	0.182	0.023	0.011
12:0.....g	0.077	0.002	12	A	1	0.187	0.023	0.011
13:0.....g	0.000		1	A	1	0.000	0.000	0.000
14:0.....g	0.297	0.011	12	A	1	0.724	0.091	0.045
15:0.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
16:0.....g	0.829	0.029	12	A	1	2.022	0.253	0.124
17:0.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
18:0.....g	0.365	0.015	12	A	1	0.890	0.111	0.055
20:0.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
22:0.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
24:0.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.812		0	NC	4	1.982	0.248	0.122
14:1.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
15:1.....g								
16:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.812	0.032	12	A	1	1.982	0.248	0.122
20:1.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.195		0	NC	4	0.475	0.059	0.029
18:2 undifferentiated.....g	0.120	0.005	12	A	1	0.293	0.037	0.018
18:3 undifferentiated.....g	0.075	0.000	12	A	1	0.182	0.023	0.011
18:4.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000	0.000	12	A	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	10	0.549	12	A	1	25	3	2
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.040		0	A	1	0.098	0.012	0.006
Threonine.....g	0.134		0	A	1	0.328	0.041	0.020
Isoleucine.....g	0.163		0	A	1	0.398	0.050	0.024
Leucine.....g	0.299		0	A	1	0.728	0.091	0.045
Lysine.....g	0.264		0	A	1	0.644	0.080	0.040
Methionine.....g	0.083		0	A	1	0.202	0.025	0.012
Cystine.....g	0.019		0	A	1	0.047	0.006	0.003
Phenylalanine.....g	0.163		0	A	1	0.398	0.050	0.024
Tyrosine.....g	0.159		0	A	1	0.389	0.049	0.024
Valine.....g	0.206		0	A	1	0.504	0.063	0.031
Arginine.....g	0.090		0	A	1	0.220	0.027	0.014
Histidine.....g	0.095		0	A	1	0.232	0.029	0.014
Alanine.....g	0.107		0	A	1	0.260	0.033	0.016

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Aspartic acid.....g	0.270		0	A	1	0.658	0.082	0.040
Glutamic acid.....g	0.708		0	A	1	1.729	0.216	0.106
Glycine.....g	0.062		0	A	1	0.152	0.019	0.009
Proline.....g	0.311		0	A	1	0.759	0.095	0.047
Serine.....g	0.190		0	A	1	0.464	0.058	0.029
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 15g: 1 tbsp

NDB No. 01211
Milk, w whole, 3.25% milkfat, without added vitamin A and vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.13		0.050	28	A	1	215.03	13.22	26.88
Energy.....kcal	61			0	NC	4	149	9	19
Energy.....kJ	256			0	NC	4	625	38	78
Protein.....g	3.15		0.029	27	A	1	7.70	0.47	0.96
Total lipid (fat).....g	3.27		0.024	27	A	1	7.98	0.49	1.00
Ash.....g	0.67		0.004	24	A	1	1.64	0.10	0.21
Carbohydrate, by difference.....g	4.78			0	NC	4	11.66	0.72	1.46
Fiber, total dietary.....g	0.0			0		4	0.0	0.0	0.0
Sugars, total.....g	5.05			0	AS	1	12.33	0.76	1.54
Sucrose.....g	0.00		0.000	24	A	1	0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0.000	24	A	1	0.00	0.00	0.00
Fructose.....g	0.00		0.000	24	A	1	0.00	0.00	0.00
Lactose.....g	5.05		0.052	24	A	1	12.33	0.76	1.54
Maltose.....g	0.00		0.000	24	A	1	0.00	0.00	0.00
Galactose.....g	0.00		0.000	12	A	1	0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		1.760	16	A	1	275	17	34
Iron, Fe.....mg	0.03		0.002	46	A	1	0.08	0.00	0.01
Magnesium, Mg.....mg	10		0.116	42	A	1	25	2	3
Phosphorus, P.....mg	84		1.087	42	A	1	205	13	26
Potassium, K.....mg	132		1.985	41	A	1	323	20	40
Sodium, Na.....mg	43		0.548	42	A	1	104	6	13
Zinc, Zn.....mg	0.37		0.007	42	A	1	0.91	0.06	0.11
Copper, Cu.....mg	0.025		0.001	42	A	1	0.061	0.004	0.008
Manganese, Mn.....mg	0.004		0.000	41	A	1	0.011	0.001	0.001
Selenium, Se.....µg	3.7		0.185	29	A	1	9.0	0.6	1.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0.000	7	A	1	0.0	0.0	0.0
Thiamin.....mg	0.046		0.001	24	A	1	0.112	0.007	0.014
Riboflavin.....mg	0.169		0.001	23	A	1	0.411	0.025	0.051
Niacin.....mg	0.089		0.003	24	A	1	0.216	0.013	0.027
Pantothenic acid.....mg	0.373		0.003	8	A	1	0.910	0.056	0.114
Vitamin B-6.....mg	0.036		0.000	24	A	1	0.087	0.005	0.011
Folate, total.....µg	5		0.534	8		1	12	1	2
Folic acid.....µg	0			0	Z	7	0	0	0
Folate, food.....µg	5		0.534	8		1	12	1	2
Folate, DFE.....µg	5			0	NC	4	12	1	2
Choline, total.....mg	14.3			0	AS	1	34.9	2.1	4.4
Betaine.....mg	0.6			1	A	1	1.5	0.1	0.2
Vitamin B-12.....µg	0.45		0.021	14	A	1	1.09	0.07	0.14
Vitamin B-12, added.....µg	0.00			0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	46			0	AS	1	112	7	14
Retinol.....µg	45		1.926	4	A	1	110	7	14
Carotene, beta.....µg	7		0.618	10	A	1	16	1	2
Carotene, alpha.....µg	0		0.000	10	A	1	0	0	0
Cryptoxanthin, beta.....µg	0		0.000	10	A	1	0	0	0
Vitamin A, IU.....IU	162			0	AS	1	395	24	49
Lycopene.....µg	0		0.000	6	A	1	0	0	0
Lutein + zeaxanthin.....µg	0		0.000	6	A	1	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07		0.003	24	A	1	0.17	0.01	0.02
Vitamin E, added.....mg	0.00			0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0.000	24	A	1	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0.001	24	A	1	0.01	0.00	0.00
Tocopherol, delta.....mg	0.00		0.000	24	A	1	0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		0.001	24	A	1	0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		0.000	24	A	1	0.00	0.00	0.00

NDB No. 01211

Milk, w whole, 3.25% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.2	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	T	4		0.2	0.0	0.0
Vitamin D.....IU	2		0	T	4		5	0	1
Vitamin K (phyloquinone).....µg	0.3	0.007	8	A	1		0.6	0.0	0.1
Dihydrophyloquinone.....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	1.0	0.050	4	A	1		2.3	0.1	0.3
Lipids:									
Fatty acids, total saturated.....g	1.865		0	NR	4		4.551	0.280	0.569
4:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
6:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
8:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
10:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
12:0.....g	0.077	0.002	12	A	1		0.187	0.011	0.023
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.297	0.011	12	A	1		0.724	0.045	0.091
15:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0.....g	0.829	0.029	12	A	1		2.022	0.124	0.253
17:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0.....g	0.365	0.015	12	A	1		0.890	0.055	0.111
20:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.812		0	NR	4		1.981	0.122	0.248
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.812	0.032	12	A	1		1.982	0.122	0.248
20:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.195		0	NR	4		0.476	0.029	0.059
18:2 undifferentiated.....g	0.120	0.005	12	A	1		0.293	0.018	0.037
18:3 undifferentiated.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	10	0.549	12	A	1		25	2	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.098	0.006	0.012
Threonine.....g	0.134		0	A	1		0.328	0.020	0.041
Isoleucine.....g	0.163		0	A	1		0.398	0.024	0.050
Leucine.....g	0.299		0	A	1		0.728	0.045	0.091
Lysine.....g	0.264		0	A	1		0.644	0.040	0.080
Methionine.....g	0.083		0	A	1		0.202	0.012	0.025
Cystine.....g	0.019		0	A	1		0.047	0.003	0.006
Phenylalanine.....g	0.163		0	A	1		0.398	0.024	0.050
Tyrosine.....g	0.159		0	A	1		0.389	0.024	0.049
Valine.....g	0.206		0	A	1		0.504	0.031	0.063
Arginine.....g	0.090		0	A	1		0.220	0.014	0.027
Histidine.....g	0.095		0	A	1		0.232	0.014	0.029
Alanine.....g	0.107		0	A	1		0.260	0.016	0.033

NDB No. 01211

Milk, w hole, 3.25% milkfat, without added vitamin A and vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Aspartic acid.....g	0.270		0	A	1		0.658	0.040	0.082
Glutamic acid.....g	0.708		0	A	1		1.729	0.106	0.216
Glycine.....g	0.062		0	A	1		0.152	0.009	0.019
Proline.....g	0.311		0	A	1		0.759	0.047	0.095
Serine.....g	0.190		0	A	1		0.464	0.029	0.058
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutritional supplement for people with diabetes, liquid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	79.74		0	NR	4		181.01		
Energy.....kcal	88		1	LC	8		200		
Energy.....kJ	368		0	LC	8		835		
Protein (N x 6.38).....g	4.40		1	LC	8		9.99		
Total lipid (fat).....g	3.08		1	LC	8		6.99		
Ash.....g	0.90		0	BFZN	4		2.04		
Carbohydrate, by difference.....g	11.88		1	LC	8		26.98		
Fiber, total dietary.....g	2.2		1	LC	8		5.0		
Sugars, total.....g	2.64		0	O	4		5.99		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		1	LC	8		250		
Iron, Fe.....mg	1.98		1	LC	8		4.50		
Magnesium, Mg.....mg	44		1	LC	8		100		
Phosphorus, P.....mg	110		1	LC	8		250		
Potassium, K.....mg	176		1	LC	8		400		
Sodium, Na.....mg	92		1	LC	8		210		
Zinc, Zn.....mg	1.65		1	LC	8		3.75		
Copper, Cu.....mg	0.220		1	LC	8		0.500		
Manganese, Mn.....mg	0.097		1	LC	8		0.220		
Selenium, Se.....µg	7.7		1	LC	8		17.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.4		1	LC	8		59.9		
Thiamin.....mg	0.165		1	LC	8		0.375		
Riboflavin.....mg	0.187		1	LC	8		0.425		
Niacin.....mg	2.201		1	LC	8		4.996		
Pantothenic acid.....mg	1.100		1	LC	8		2.498		
Vitamin B-6.....mg	0.220		1	LC	8		0.500		
Folate, total.....µg	44		1	LC	8		100		
Folic acid.....µg	44		0	NR	4		100		
Folate, food.....µg	0		0	Z	7		0		
Folate, DFE.....µg	75		0	NC	4		170		
Choline, total.....mg	60.5		0	O	4		137.4		
Betaine.....mg									
Vitamin B-12.....µg	0.66		1	LC	8		1.50		
Vitamin B-12, added.....µg	0.66		0	NR	4		1.50		
Vitamin A, RAE.....µg	165		0	NC	4		375		
Retinol.....µg	165		0	NR	4		375		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	550		1	LC	8		1249		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.46		0	O	4		3.31		
Vitamin E, added.....mg	1.46		0	NR	4		3.31		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

NDB No. 01250

Nutritional supplement for people with diabetes, liquid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.232		0	BFFN	4		0.527		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.003		0	BFFN	4		0.007		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.150		0	BFFN	4		0.340		
17:0.....g									
18:0.....g	0.059		0	BFFN	4		0.134		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.318		0	BFFN	4		5.261		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFFN	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	2.306		0	BFFN	4		5.234		
20:1.....g	0.009		0	BFFN	4		0.020		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.395		0	BFFN	4		0.897		
18:2 undifferentiated.....g	0.392		0	BFFN	4		0.890		
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.007		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	2		0	BFZN	4		5		
Theobromine.....mg	23		0	BFZN	4		52		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 can

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Parmesan cheese topping, fat free

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units			Number of Data Deriv		Source Confidence		Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Code	Code	Code			
<u>Proximates:</u>									
Water.....g	8.60		0		4		0.43		
Energy.....kcal	370		0	NC	4		19		
Energy.....kJ	1548		0		4		77		
Protein.....g	40.00		0	LC	8		2.00		
Total lipid (fat).....g	5.00		0	LC	8		0.25		
Ash.....g	6.40		0	BFZN	4		0.32		
Carbohydrate, by difference.....g	40.00		0	LC	8		2.00		
Fiber, total dietary.....g	0.0		0	LC	8		0.0		
Sugars, total.....g	1.50		0	BFNN	4		0.08		
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	800		0	LC	8		40		
Iron, Fe.....mg	5.00		0	LC	8		0.25		
Magnesium, Mg.....mg	40		0	BFZN	4		2		
Phosphorus, P.....mg	700		0	BFZN	4		35		
Potassium, K.....mg	600		0	LC	8		30		
Sodium, Na.....mg	1150		0	LC	8		58		
Zinc, Zn.....mg	3.00		0	BFZN	4		0.15		
Copper, Cu.....mg	0.020		0	BFZN	4		0.001		
Manganese, Mn.....mg									
Selenium, Se.....µg	43.3		0	BFNN	4		2.2		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid.....mg	0.0		0	LC	8		0.0		
Thiamin.....mg	0.050		0	BFZN	4		0.003		
Riboflavin.....mg	0.050		0	BFZN	4		0.003		
Niacin.....mg	0.200		0	BFZN	4		0.010		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0	BFZN	4		0.005		
Folate, total.....µg	25		0	BFZN	4		1		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	25		0	BFZN	4		1		
Folate, DFE.....µg	25		0	NC	4		1		
Choline, total.....mg	15.4		0	CAZN	4		0.8		
Betaine.....mg									
Vitamin B-12.....µg	1.10		0	BFZN	4		0.06		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	40		0	NC	4		2		
Retinol.....µg	39		0	BFFN	4		2		
Carotene, beta.....µg	13		0	BFFN	4		1		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	151		0	NC	4		8		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFFN	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z					

NDB No. 01185

Parmesan cheese topping, fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	3.110		0	BFZN	4		0.156		
4:0.....g	0.162		0	BFZN	4		0.008		
6:0.....g	0.096		0	BFZN	4		0.005		
8:0.....g	0.056		0	BFZN	4		0.003		
10:0.....g	0.126		0	BFZN	4		0.006		
12:0.....g	0.140		0	BFZN	4		0.007		
13:0.....g									
14:0.....g	0.502		0	BFZN	4		0.025		
15:0.....g									
16:0.....g	1.303		0	BFZN	4		0.065		
17:0.....g									
18:0.....g	0.606		0	BFZN	4		0.030		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.446		0	BFZN	4		0.072		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.112		0	BFZN	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.256		0	BFZN	4		0.063		
20:1.....g	0.076		0	BFZN	4		0.004		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	BFZN	4		0.009		
18:2 undifferentiated.....g	0.113		0	BFZN	4		0.006		
18:3 undifferentiated.....g	0.073		0	BFZN	4		0.004		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	LC	8		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tablespoon

Calories Factors: Protein 4.27**Fat** 8.79**Carbohydrate**3.87**Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01224

Protein supplement, milk based, Muscle Milk Light, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	1.087		0	NC	4		0.544		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.435		0		4		0.217		
17:0.....g									
18:0.....g	0.653		0		4		0.326		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.474		0	NC	4		4.237		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	8.148		0		4		4.074		
20:1.....g	0.217		0		4		0.108		
22:1 undifferentiated.....g	0.109		0		4		0.055		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.239		0	NC	4		0.620		
18:2 undifferentiated.....g	1.196		0		4		0.598		
18:3 undifferentiated.....g	0.043		0		4		0.021		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g; 2 scoop

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01223
Protein supplement, milk based, Muscle Milk, powder

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code	Code		
Proximates:								
Water.....g	15.00		0		8		1.65	
Energy.....kcal	411		0	NC	4		45	
Energy.....kJ	1720		0	NC	4		189	
Protein (N x 6.38).....g	45.71		1	LC	8		5.03	
Total lipid (fat).....g	17.14		1	LC	8		1.89	
Ash.....g	3.65		0	NR	4		0.40	
Carbohydrate, by difference.....g	18.50		0		8		2.04	
Fiber, total dietary.....g	7.1		1	LC	8		0.8	
Sugars, total.....g	5.71		1	LC	8		0.63	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	500		1	LC	8		55	
Iron, Fe.....mg	8.57		1	LC	8		0.94	
Magnesium, Mg.....mg	200		1	LC	8		22	
Phosphorus, P.....mg	643		1	LC	8		71	
Potassium, K.....mg	1129		1	LC	8		124	
Sodium, Na.....mg	329		1	LC	8		36	
Zinc, Zn.....mg	7.14		1	LC	8		0.79	
Copper, Cu.....mg	1.000		1	LC	8		0.110	
Manganese, Mn.....mg								
Selenium, Se.....µg	33.8		0	BFPN	4		3.7	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	30.0		1	LC	8		3.3	
Thiamin.....mg	0.714		1	LC	8		0.079	
Riboflavin.....mg	0.857		1	LC	8		0.094	
Niacin.....mg	10.000		1	LC	8		1.100	
Pantothenic acid.....mg	5.714		1	LC	8		0.629	
Vitamin B-6.....mg	1.000		1	LC	8		0.110	
Folate, total.....µg	200		0	NR	4		22	
Folic acid.....µg	200		1	LC	8		22	
Folate, food.....µg	0		0	NR	4		0	
Folate, DFE.....µg	340		0	NC	4		37	
Choline, total.....mg	81.6		0	BFZN	4		9.0	
Betaine.....mg								
Vitamin B-12.....µg	3.00		1	LC	8		0.33	
Vitamin B-12, added.....µg	3.00		0	NR	4		0.33	
Vitamin A, RAE.....µg	750		0	NC	4		83	
Retinol.....µg	750		0	NR	4		83	
Carotene, beta.....µg	0		0	Z	7		0	
Carotene, alpha.....µg	0		0	Z	7		0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	
Vitamin A, IU.....IU	2500		1	LC	8		275	
Lycopene.....µg	0		0	Z	7		0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	
Vitamin E (alpha-tocopherol).....mg	7.07		1	LC	8		0.78	
Vitamin E, added.....mg	7.07		0	NR	4		0.78	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	5.0		1	LC	8		0.6	
Vitamin D.....IU	200		1	LC	8		22	
Vitamin K (phylloquinone).....µg	0.5		0	BFZN	4		0.1	
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01223
Protein supplement, milk based, Muscle Milk, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.553		0	NC	4		0.171		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.621		0		4		0.068		
17:0.....g									
18:0.....g	0.932		0		4		0.103		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.105		0	NC	4		1.332		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	11.640		0		4		1.280		
20:1.....g	0.309		0		4		0.034		
22:1 undifferentiated.....g	0.156		0		4		0.017		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.770		0	NC	4		0.195		
18:2 undifferentiated.....g	1.709		0		4		0.188		
18:3 undifferentiated.....g	0.061		0		4		0.007		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	LC	8		2		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Reddi Wip Fat Free Whipped Topping

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Number of Data		Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Points	Code	Code			
Proximates:								
Water.....g	66.44		0	O	4		2.66	49.83
Energy.....kcal	149		1	A	1		6	112
Energy.....kJ	623		0	A	1		25	468
Protein (N x 6.38).....g	3.00		1	A	1		0.12	2.25
Total lipid (fat).....g	5.00		1	A	1		0.20	3.75
Ash.....g	0.56		0	O	4		0.02	0.42
Carbohydrate, by difference.....g	25.00		1	A	1		1.00	18.75
Fiber, total dietary.....g	0.4		1	A	1		0.0	0.3
Sugars, total.....g	16.00		1	A	1		0.64	12.00
Starch.....g								
Minerals:								
Calcium, Ca.....mg	108		1	A	1		4	81
Iron, Fe.....mg	0.03		0	BFAN	4		0.00	0.02
Magnesium, Mg.....mg	8		0	BFAN	4		0	6
Phosphorus, P.....mg	68		0	BFAN	4		3	51
Potassium, K.....mg	108		0	BFAN	4		4	81
Sodium, Na.....mg	72		1	A	1		3	54
Zinc, Zn.....mg	0.31		0	BFAN	4		0.01	0.23
Copper, Cu.....mg	0.019		0	BFAN	4		0.001	0.014
Manganese, Mn.....mg								
Selenium, Se.....µg	3.0		0	BFAN	4		0.1	2.2
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	BFNN	4		0.0	0.0
Thiamin.....mg	0.148		0	BFNN	4		0.006	0.111
Riboflavin.....mg	0.619		0	BFNN	4		0.025	0.464
Niacin.....mg	0.364		0	BFNN	4		0.015	0.273
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.123		0	BFNN	4		0.005	0.092
Folate, total.....µg	17		0	NR	4		1	13
Folic acid.....µg	0		0	BFNN	4		0	0
Folate, food.....µg	17		0	BFNN	4		1	13
Folate, DFE.....µg	17		0	NC	4		1	13
Choline, total.....mg	0.0		0	Z	7		0.0	0.0
Betaine.....mg								
Vitamin B-12.....µg	1.48		0	BFNN	4		0.06	1.11
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00
Vitamin A, RAE.....µg	49		0	NC	4		2	37
Retinol.....µg	48		0	BNA	4		2	36
Carotene, beta.....µg	9		0	BNA	4		0	7
Carotene, alpha.....µg	0		0	Z	7		0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0
Vitamin A, IU.....IU	175		1	A	1		7	131
Lycopene.....µg	0		0	Z	7		0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFFN	4		0.00	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0
Vitamin K (phylloquinone).....µg	0.3		0	BFFN	4		0.0	0.3
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01200
Reddi Wip Fat Free Whipped Topping

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	2.869		0	NC	4		0.115	2.152	
4:0.....g	0.115		0	BFFN	4		0.005	0.086	
6:0.....g	0.115		0	BFFN	4		0.005	0.086	
8:0.....g	0.115		0	BFFN	4		0.005	0.086	
10:0.....g	0.115		0	BFFN	4		0.005	0.086	
12:0.....g	0.118		0	BFFN	4		0.005	0.088	
13:0.....g									
14:0.....g	0.457		0	BFFN	4		0.018	0.343	
15:0.....g									
16:0.....g	1.275		0	BFFN	4		0.051	0.956	
17:0.....g									
18:0.....g	0.561		0	BFFN	4		0.022	0.421	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.250		0	NC	4		0.050	0.937	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.250		0	BFFN	4		0.050	0.937	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.299		0	NC	4		0.012	0.225	
18:2 undifferentiated.....g	0.185		0	BFFN	4		0.007	0.139	
18:3 undifferentiated.....g	0.115		0	BFFN	4		0.005	0.086	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		1	12	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.0g: 1 tablespoon

Measure 2 = 75g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01180
Sour cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
Lipids:									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	
4:0.....g	0.000		0		7		0.000	0.000	
6:0.....g	0.000		0		7		0.000	0.000	
8:0.....g	0.000		0		7		0.000	0.000	
10:0.....g	0.000		0		7		0.000	0.000	
12:0.....g	0.000		0		7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		7		0.000	0.000	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0		8		1	21	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01074
Sour cream, imitation, cultured

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.15		2		1		20.17	163.65	
Energy.....kcal	208		0	NC	4		59	479	
Energy.....kJ	872		0		4		247	2006	
Protein (N x 6.29).....g	2.40	0.721	3		1		0.68	5.52	
Total lipid (fat).....g	19.52	0.418	9		1		5.53	44.90	
Ash.....g	0.30		1		1		0.09	0.69	
Carbohydrate, by difference.....g	6.63		0	NC	4		1.88	15.25	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	6.63		0	NR	4		1.88	15.25	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2		1		1	6	
Iron, Fe.....mg	0.39		0		4		0.11	0.90	
Magnesium, Mg.....mg	6		0		4		2	15	
Phosphorus, P.....mg	45		2		1		13	102	
Potassium, K.....mg	161		2		1		46	369	
Sodium, Na.....mg	102	28.006	3		1		29	235	
Zinc, Zn.....mg	1.18		0		4		0.33	2.71	
Copper, Cu.....mg	0.058		0		1		0.016	0.133	
Manganese, Mn.....mg	0.110		0		1		0.031	0.253	
Selenium, Se.....µg	2.5		0	BFNN	4		0.7	5.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	BFFN	4		0.0	0.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.74		0	BFFN	4		0.21	1.71	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.8		0	BFFN	4		1.4	11.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data		Measure 1	Measure 2	Measure 3
			Points	Deriv Code			
				Source Code	Confidence Code		
Lipids:							
Fatty acids, total saturated.....g	17.791		0	1	5.044	40.919	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	1.028		2	1	0.291	2.364	
10:0.....g	1.006		2	1	0.285	2.314	
12:0.....g	8.138		2	1	2.307	18.717	
13:0.....g							
14:0.....g	3.364		2	1	0.954	7.737	
15:0.....g							
16:0.....g	1.981		2	1	0.562	4.556	
17:0.....g							
18:0.....g	2.244		2	1	0.636	5.161	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.588		0	1	0.167	1.352	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0	1	0.000	0.000	
17:1.....g							
18:1 undifferentiated.....g	0.589		2	1	0.167	1.355	
20:1.....g	0.000		0	1	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1	0.000	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.056		0	1	0.016	0.129	
18:2 undifferentiated.....g	0.056		2	1	0.016	0.129	
18:3 undifferentiated.....g	0.000		0	1	0.000	0.000	
18:4.....g	0.000		0	1	0.000	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	1	0.000	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	1	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	1	0.000	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	1	0	0	
Phytosterols.....mg	18		0	4	5	41	
Amino Acids:							
Tryptophan.....g	0.033		0	4	0.009	0.076	
Threonine.....g	0.101		0	4	0.029	0.232	
Isoleucine.....g	0.147		0	4	0.042	0.338	
Leucine.....g	0.237		0	4	0.067	0.545	
Lysine.....g	0.193		0	4	0.055	0.444	
Methionine.....g	0.073		0	4	0.021	0.168	
Cystine.....g	0.010		0	4	0.003	0.023	
Phenylalanine.....g	0.129		0	4	0.037	0.297	
Tyrosine.....g	0.137		0	4	0.039	0.315	
Valine.....g	0.172		0	4	0.049	0.396	
Arginine.....g	0.095		0	4	0.027	0.219	
Histidine.....g	0.071		0	4	0.020	0.163	
Alanine.....g	0.075		0	4	0.021	0.173	
Aspartic acid.....g	0.170		0	4	0.048	0.391	
Glutamic acid.....g	0.545		0	4	0.155	1.254	
Glycine.....g	0.048		0	4	0.014	0.110	
Proline.....g	0.271		0	4	0.077	0.623	
Serine.....g	0.148		0	4	0.042	0.340	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	
Caffeine.....mg	0		0	Z 7	0	0	

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 230g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01179
Sour cream, light

Refuse:0%

[illegible]

NDB No. 01179
Sour cream, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	6.600		0		4		0.792	15.180	
4:0.....g	0.340		0		4		0.041	0.782	
6:0.....g	0.200		0		4		0.024	0.460	
8:0.....g	0.110		0		4		0.013	0.253	
10:0.....g	0.260		0		4		0.031	0.598	
12:0.....g	0.300		0		4		0.036	0.690	
13:0.....g									
14:0.....g	1.060		0		4		0.127	2.438	
15:0.....g									
16:0.....g	2.780		0		4		0.334	6.394	
17:0.....g									
18:0.....g	1.280		0		4		0.154	2.944	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.100		0		4		0.372	7.130	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		4		0.029	0.552	
17:1.....g									
18:1 undifferentiated.....g	2.660		0		4		0.319	6.118	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		4		0.048	0.920	
18:2 undifferentiated.....g	0.240		0		4		0.029	0.552	
18:3 undifferentiated.....g	0.160		0		4		0.019	0.368	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0		8		4	81	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01178
Sour cream, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	8.700		0		4		1.044	20.010	
4:0.....g	0.460		0		4		0.055	1.058	
6:0.....g	0.270		0		4		0.032	0.621	
8:0.....g	0.150		0		4		0.018	0.345	
10:0.....g	0.360		0		4		0.043	0.828	
12:0.....g	0.400		0		4		0.048	0.920	
13:0.....g									
14:0.....g	1.410		0		4		0.169	3.243	
15:0.....g									
16:0.....g	3.690		0		4		0.443	8.487	
17:0.....g									
18:0.....g	1.700		0		4		0.204	3.910	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.100		0		4		0.492	9.430	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		4		0.037	0.713	
17:1.....g									
18:1 undifferentiated.....g	3.530		0		4		0.424	8.119	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		4		0.060	1.150	
18:2 undifferentiated.....g	0.310		0		4		0.037	0.713	
18:3 undifferentiated.....g	0.200		0		4		0.024	0.460	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0		8		4	81	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Sour dressing, non-butterfat, cultured, filled cream-type

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units			Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	74.79		0		1		8.97	175.76	
Energy.....kcal	178		0	NC	4		21	417	
Energy.....kJ	743		0	NC	4		89	1747	
Protein (N x 6.38).....g	3.25		0		1		0.39	7.64	
Total lipid (fat).....g	16.57		0		1		1.99	38.94	
Ash.....g	0.71		0		1		0.09	1.67	
Carbohydrate, by difference.....g	4.68		0	NC	4		0.56	11.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	4.68		0	NR	4		0.56	11.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		0		1		14	266	
Iron, Fe.....mg	0.03		0		1		0.00	0.07	
Magnesium, Mg.....mg	10		0		1		1	23	
Phosphorus, P.....mg	87		0		1		10	205	
Potassium, K.....mg	162		0		1		19	380	
Sodium, Na.....mg	48		0		1		6	113	
Zinc, Zn.....mg	0.37		0		1		0.04	0.87	
Copper, Cu.....mg	0.010		0		1		0.001	0.024	
Manganese, Mn.....mg	0.002		0		1		0.000	0.005	
Selenium, Se.....µg	2.3		0	BFFN	4		0.3	5.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.1	2.2	
Thiamin.....mg	0.038		0		1		0.005	0.089	
Riboflavin.....mg	0.163		0		1		0.020	0.383	
Niacin.....mg	0.074		0		1		0.009	0.174	
Pantothenic acid.....mg	0.398		0		1		0.048	0.935	
Vitamin B-6.....mg	0.017		0		1		0.002	0.040	
Folate, total.....µg	12		0		1		1	28	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	12		0		1		1	28	
Folate, DFE.....µg	12		0	NC	4		1	28	
Choline, total.....mg	14.9		0	BFFN	4		1.8	35.0	
Betaine.....mg									
Vitamin B-12.....µg	0.33		0		1		0.04	0.77	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		0	7	
Retinol.....µg	3		0	NC	4		0	7	
Carotene, beta.....µg	0		0	BFFN	4		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	10		0	NC	4		1	24	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.34		0	BFFN	4		0.16	3.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	13.272		0		1		1.593	31.189	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.319		2		1		0.038	0.750	
10:0.....g	0.824		2		1		0.099	1.936	
12:0.....g	2.256		2		1		0.271	5.302	
13:0.....g									
14:0.....g	2.793		2		1		0.335	6.564	
15:0.....g									
16:0.....g	2.819		2		1		0.338	6.625	
17:0.....g									
18:0.....g	4.310		2		1		0.517	10.129	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.958		0		1		0.235	4.601	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		2		1		0.010	0.204	
17:1.....g									
18:1 undifferentiated.....g	1.873		2		1		0.225	4.402	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0		1		0.056	1.100	
18:2 undifferentiated.....g	0.468		2		1		0.056	1.100	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		1	13	
Phytosterols.....mg	15		0		4		2	35	
Amino Acids:									
Tryptophan.....g	0.045		0		4		0.005	0.106	
Threonine.....g	0.147		0		4		0.018	0.345	
Isoleucine.....g	0.197		0		4		0.024	0.463	
Leucine.....g	0.318		0		4		0.038	0.747	
Lysine.....g	0.258		0		4		0.031	0.606	
Methionine.....g	0.082		0		4		0.010	0.193	
Cystine.....g	0.030		0		4		0.004	0.071	
Phenylalanine.....g	0.157		0		4		0.019	0.369	
Tyrosine.....g	0.157		0		4		0.019	0.369	
Valine.....g	0.217		0		4		0.026	0.510	
Arginine.....g	0.118		0		4		0.014	0.277	
Histidine.....g	0.088		0		4		0.011	0.207	
Alanine.....g	0.112		0		4		0.013	0.263	
Aspartic acid.....g	0.247		0		4		0.030	0.580	
Glutamic acid.....g	0.681		0		4		0.082	1.600	
Glycine.....g	0.069		0		4		0.008	0.162	
Proline.....g	0.315		0		4		0.038	0.740	
Serine.....g	0.177		0		4		0.021	0.416	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01058
Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 12.0g: 1 tbsp
Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

USDA Commodity, cheese, cheddar, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
Proximates:								
Water.....g	48.20		1	A	1		54.47	
Energy.....kcal	282		0	NC	4		319	
Energy.....kJ	1180		0		4		1333	
Protein.....g	27.20		1	A	1		30.74	
Total lipid (fat).....g	18.30		1	A	1		20.68	
Ash.....g	4.30		1	A	1		4.86	
Carbohydrate, by difference.....g	2.00		0	NC	4		2.26	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	
Sugars, total.....g	0.58		0	BFNN	4		0.66	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	905		1	A	1		1023	
Iron, Fe.....mg	0.13		1	A	1		0.15	
Magnesium, Mg.....mg	35		1	A	1		40	
Phosphorus, P.....mg	583		1	A	1		659	
Potassium, K.....mg	93		1	A	1		105	
Sodium, Na.....mg	725		1	A	1		819	
Zinc, Zn.....mg	4.30		1	A	1		4.86	
Copper, Cu.....mg	0.021		0	BFZN	4		0.024	
Manganese, Mn.....mg								
Selenium, Se.....µg	15.5		0	BFNN	4		17.5	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	
Thiamin.....mg	0.030		1	A	1		0.034	
Riboflavin.....mg	0.300		1	A	1		0.339	
Niacin.....mg	0.060		1	A	1		0.068	
Pantothenic acid.....mg								
Vitamin B-6.....mg	0.084		1	A	1		0.095	
Folate, total.....µg	20		0	BFNN	4		23	
Folic acid.....µg	0		0	BFNN	4		0	
Folate, food.....µg	20		0	BFNN	4		23	
Folate, DFE.....µg	20		0	NC	4		23	
Choline, total.....mg	15.4		0	T	4		17.4	
Betaine.....mg								
Vitamin B-12.....µg	1.66		1	A	1		1.88	
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00	
Vitamin A, RAE.....µg	150		0	NC	4		170	
Retinol.....µg	142		0	BFFN	4		161	
Carotene, beta.....µg	95		0	BFNN	4		107	
Carotene, alpha.....µg	0		0	Z	7		0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	
Vitamin A, IU.....IU	633		0	NC	4		715	
Lycopene.....µg	0		0	Z	7		0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	
Vitamin E (alpha-tocopherol).....mg	0.16		0	BFFN	4		0.18	
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.3		0	AS	1		0.4	
Vitamin D.....IU	13		0	BFFN	4		15	
Vitamin K (phylloquinone).....µg	1.5		0	BFFN	4			

NDB No. 01182
USDA Commodity, cheese, cheddar, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	11.580		1	A	1		13.085		
4:0.....g	0.720		1	A	1		0.814		
6:0.....g	0.420		1	A	1		0.475		
8:0.....g	0.240		1	A	1		0.271		
10:0.....g	0.520		1	A	1		0.588		
12:0.....g	0.560		1	A	1		0.633		
13:0.....g									
14:0.....g	1.880		1	A	1		2.124		
15:0.....g									
16:0.....g	5.020		1	A	1		5.673		
17:0.....g									
18:0.....g	2.240		1	A	1		2.531		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.020		1	A	1		5.673		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		1	A	1		0.339		
17:1.....g									
18:1 undifferentiated.....g	4.470		1	A	1		5.051		
20:1.....g	0.040		1	A	1		0.045		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		1	A	1		0.848		
18:2 undifferentiated.....g	0.570		1	A	1		0.644		
18:3 undifferentiated.....g	0.130		1	A	1		0.147		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1	A	1		0.034		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	56		1	A	1		63		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01113
Whey, acid, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.342		0		1		0.195	0.010	
4:0.....g	0.023		2		1		0.013	0.001	
6:0.....g	0.008		2		1		0.005	0.000	
8:0.....g	0.005	0.001	4		1		0.003	0.000	
10:0.....g	0.010	0.002	4		1		0.006	0.000	
12:0.....g	0.006	0.002	4		1		0.003	0.000	
13:0.....g									
14:0.....g	0.046	0.005	4		1		0.026	0.001	
15:0.....g									
16:0.....g	0.150	0.013	4		1		0.086	0.004	
17:0.....g									
18:0.....g	0.060	0.004	4		1		0.034	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.149		0		1		0.085	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026	0.007	4		1		0.015	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.114	0.009	4		1		0.065	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.012	0.001	
18:2 undifferentiated.....g	0.018	0.003	4		1		0.010	0.001	
18:3 undifferentiated.....g	0.003		2		1		0.002	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		4		2	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.241		0		1		0.137	0.007	
Threonine.....g	0.590		0		1		0.336	0.017	
Isoleucine.....g	0.581		0		1		0.331	0.017	
Leucine.....g	1.116		0		1		0.636	0.032	
Lysine.....g	1.008		0		1		0.575	0.029	
Methionine.....g	0.221		0		1		0.126	0.006	
Cystine.....g	0.211		0		1		0.120	0.006	
Phenylalanine.....g	0.386		0		1		0.220	0.011	
Tyrosine.....g	0.300		0		1		0.171	0.009	
Valine.....g	0.579		0		1		0.330	0.017	
Arginine.....g	0.327		0		1		0.186	0.009	
Histidine.....g	0.230		0		1		0.131	0.007	
Alanine.....g	0.506		0		1		0.288	0.015	
Aspartic acid.....g	1.149		0		1		0.655	0.033	
Glutamic acid.....g	2.096		0		1		1.195	0.061	
Glycine.....g	0.211		0		1		0.120	0.006	
Proline.....g	0.699		0		1		0.398	0.020	
Serine.....g	0.541		0		1		0.308	0.016	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01113
Whey, acid, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 57g: 1 cup
Measure 2 = 2.9g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Whey, acid, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
					Confidence Code			
Proximates:								
Water.....g	93.42	0.098	10		1	229.81	919.25	
Energy.....kcal	24		0	NC	4	59	235	
Energy.....kJ	100		0		4	245	982	
Protein (N x 6.38).....g	0.76	0.028	21		1	1.87	7.48	
Total lipid (fat).....g	0.09	0.024	6		1	0.22	0.89	
Ash.....g	0.61	0.038	9		1	1.50	6.00	
Carbohydrate, by difference.....g	5.12		0	NC	4	12.60	50.38	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	
Sugars, total.....g	5.12		0	NR	4	12.60	50.38	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	103	3.539	15		1	253	1011	
Iron, Fe.....mg	0.08		0		1	0.20	0.79	
Magnesium, Mg.....mg	10	0.452	15		1	24	96	
Phosphorus, P.....mg	78	3.746	14		1	191	764	
Potassium, K.....mg	143	5.269	5		1	352	1408	
Sodium, Na.....mg	48	3.250	5		1	118	473	
Zinc, Zn.....mg	0.43		0		1	1.06	4.23	
Copper, Cu.....mg	0.003		0		1	0.007	0.030	
Manganese, Mn.....mg	0.002		0		1	0.005	0.020	
Selenium, Se.....µg	1.8		0	BFNN	4	4.4	17.7	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.1		0		1	0.1	0.6	
Thiamin.....mg	0.042		0		1	0.103	0.413	
Riboflavin.....mg	0.140		0		1	0.344	1.378	
Niacin.....mg	0.079		0		1	0.194	0.777	
Pantothenic acid.....mg	0.381		0		1	0.937	3.749	
Vitamin B-6.....mg	0.042		0		1	0.103	0.413	
Folate, total.....µg	2		0		1	5	22	
Folic acid.....µg	0		0	Z	7	0	0	
Folate, food.....µg	2		0		1	5	22	
Folate, DFE.....µg	2		0	NC	4	5	22	
Choline, total.....mg	16.0		0	BFZN	4	39.4	157.4	
Betaine.....mg								
Vitamin B-12.....µg	0.18	0.017	14		1	0.44	1.76	
Vitamin A, RAE.....µg	2		0	NC	4	5	20	
Retinol.....µg	2		0	NC	4	5	20	
Carotene, beta.....µg	0		0	BFFN	4	1	2	
Carotene, alpha.....µg	0		0	Z	7	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	
Vitamin A, IU.....IU	7		0	NC	4	17	69	
Lycopene.....µg	0		0	Z	7	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFFN	4	0.00	0.01	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4	0.0	0.1	
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

Lipids:

NDB No. 01112

Whey, acid, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.057		0		1		0.140	0.561	
4:0.....g	0.004		2		1		0.010	0.039	
6:0.....g	0.001		2		1		0.002	0.010	
8:0.....g	0.001	0.000	4		1		0.002	0.010	
10:0.....g	0.002	0.001	4		1		0.005	0.020	
12:0.....g	0.001	0.000	4		1		0.002	0.010	
13:0.....g									
14:0.....g	0.008	0.002	4		1		0.020	0.079	
15:0.....g									
16:0.....g	0.025	0.007	4		1		0.062	0.246	
17:0.....g									
18:0.....g	0.010	0.003	4		1		0.025	0.098	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0		1		0.062	0.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004	0.002	4		1		0.010	0.039	
17:1.....g									
18:1 undifferentiated.....g	0.019	0.005	4		1		0.047	0.187	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.010	0.039	
18:2 undifferentiated.....g	0.003	0.001	4		1		0.007	0.030	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		1	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.039	0.157	
Threonine.....g	0.038		0		1		0.093	0.374	
Isoleucine.....g	0.038		0		1		0.093	0.374	
Leucine.....g	0.072		0		1		0.177	0.708	
Lysine.....g	0.065		0		1		0.160	0.640	
Methionine.....g	0.014		0		1		0.034	0.138	
Cystine.....g	0.014		0		1		0.034	0.138	
Phenylalanine.....g	0.025		0		1		0.062	0.246	
Tyrosine.....g	0.019		0		1		0.047	0.187	
Valine.....g	0.038		0		1		0.093	0.374	
Arginine.....g	0.021		0		1		0.052	0.207	
Histidine.....g	0.015		0		1		0.037	0.148	
Alanine.....g	0.033		0		1		0.081	0.325	
Aspartic acid.....g	0.074		0		1		0.182	0.728	
Glutamic acid.....g	0.136		0		1		0.335	1.338	
Glycine.....g	0.014		0		1		0.034	0.138	
Proline.....g	0.045		0		1		0.111	0.443	
Serine.....g	0.035		0		1		0.086	0.344	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 01112
Whey, acid, fluid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 246g: 1 cup
Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01115
Whey, sweet, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.684		0		1		0.992	0.051	
4:0.....g	0.059	0.006	4		1		0.086	0.004	
6:0.....g	0.009	0.001	4		1		0.013	0.001	
8:0.....g	0.010	0.001	4		1		0.015	0.001	
10:0.....g	0.018	0.001	4		1		0.026	0.001	
12:0.....g	0.012	0.001	4		1		0.017	0.001	
13:0.....g									
14:0.....g	0.104	0.005	4		1		0.151	0.008	
15:0.....g									
16:0.....g	0.326	0.016	4		1		0.473	0.024	
17:0.....g									
18:0.....g	0.097	0.006	4		1		0.141	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.297		0		1		0.431	0.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033	0.003	4		1		0.048	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.251	0.010	4		1		0.364	0.019	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		0		1		0.049	0.003	
18:2 undifferentiated.....g	0.025	0.003	4		1		0.036	0.002	
18:3 undifferentiated.....g	0.009	0.002	4		1		0.013	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		9	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.205		0		1		0.297	0.015	
Threonine.....g	0.817		0		1		1.185	0.061	
Isoleucine.....g	0.719		0		1		1.043	0.054	
Leucine.....g	1.186		0		1		1.720	0.089	
Lysine.....g	1.030		0		1		1.494	0.077	
Methionine.....g	0.241		0		1		0.349	0.018	
Cystine.....g	0.253		0		1		0.367	0.019	
Phenylalanine.....g	0.407		0		1		0.590	0.031	
Tyrosine.....g	0.363		0		1		0.526	0.027	
Valine.....g	0.697		0		1		1.011	0.052	
Arginine.....g	0.375		0		1		0.544	0.028	
Histidine.....g	0.237		0		1		0.344	0.018	
Alanine.....g	0.598		0		1		0.867	0.045	
Aspartic acid.....g	1.269		0		1		1.840	0.095	
Glutamic acid.....g	2.248		0		1		3.260	0.169	
Glycine.....g	0.280		0		1		0.406	0.021	
Proline.....g	0.786		0		1		1.140	0.059	
Serine.....g	0.622		0		1		0.902	0.047	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 01115
Whey, sweet, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 145g: 1 cup
Measure 2 = 7.5g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Lipids:								
Fatty acids, total saturated.....g	0.230		0		1		0.566	2.263
4:0.....g	0.020	0.002	4		1		0.049	0.197
6:0.....g	0.003	0.000	4		1		0.007	0.030
8:0.....g	0.003	0.000	4		1		0.007	0.030
10:0.....g	0.006	0.001	4		1		0.015	0.059
12:0.....g	0.004	0.000	4		1		0.010	0.039
13:0.....g								
14:0.....g	0.035	0.002	4		1		0.086	0.344
15:0.....g								
16:0.....g	0.110	0.006	4		1		0.271	1.082
17:0.....g								
18:0.....g	0.033	0.002	4		1		0.081	0.325
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.100		0		1		0.246	0.984
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.011	0.001	4		1		0.027	0.108
17:1.....g								
18:1 undifferentiated.....g	0.084	0.004	4		1		0.207	0.827
20:1.....g	0.000		0	BFFN	4		0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.011		0		1		0.027	0.108
18:2 undifferentiated.....g	0.008	0.001	4		1		0.020	0.079
18:3 undifferentiated.....g	0.003	0.001	4		1		0.007	0.030
18:4.....g	0.000		0	BFFN	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		1		1		5	20
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.013		0		1		0.032	0.128
Threonine.....g	0.054		0		1		0.133	0.531
Isoleucine.....g	0.047		0		1		0.116	0.462
Leucine.....g	0.078		0		1		0.192	0.768
Lysine.....g	0.068		0		1		0.167	0.669
Methionine.....g	0.016		0		1		0.039	0.157
Cystine.....g	0.017		0		1		0.042	0.167
Phenylalanine.....g	0.027		0		1		0.066	0.266
Tyrosine.....g	0.024		0		1		0.059	0.236
Valine.....g	0.046		0		1		0.113	0.453
Arginine.....g	0.025		0		1		0.062	0.246
Histidine.....g	0.016		0		1		0.039	0.157
Alanine.....g	0.039		0		1		0.096	0.384
Aspartic acid.....g	0.083		0		1		0.204	0.817
Glutamic acid.....g	0.148		0		1		0.364	1.456
Glycine.....g	0.018		0		1		0.044	0.177
Proline.....g	0.052		0		1		0.128	0.512
Serine.....g	0.041		0		1		0.101	0.403
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 246g: 1 cup
Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Whipped cream substitute, dietetic, made from powdered mix

[illegible]

NDB No. 43268

Whipped cream substitute, dietetic, made from powdered mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.186		0		4		2.549		
4:0.....g	0.001		0		4		0.001		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.129		0		4		0.103		
10:0.....g	0.129		0		4		0.103		
12:0.....g	1.071		0		4		0.857		
13:0.....g									
14:0.....g	0.435		0		4		0.348		
15:0.....g									
16:0.....g	0.618		0		4		0.494		
17:0.....g									
18:0.....g	0.806		0		4		0.645		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.357		0		4		1.086		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.342		0		4		1.074		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.158		0		4		0.926		
18:2 undifferentiated.....g	1.077		0		4		0.862		
18:3 undifferentiated.....g	0.078		0		4		0.062		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42135
Whipped topping, frozen, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	11.273		0		1		8.455		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.331		0		4		0.248		
10:0.....g	0.466		0		4		0.350		
12:0.....g	4.575		0		4		3.431		
13:0.....g									
14:0.....g	1.946		0		4		1.460		
15:0.....g									
16:0.....g	1.599		0		4		1.199		
17:0.....g									
18:0.....g	2.371		0		4		1.778		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.838		0		1		0.629		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.124		0		4		0.093		
17:1.....g									
18:1 undifferentiated.....g	0.714		0		4		0.536		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269		0		1		0.202		
18:2 undifferentiated.....g	0.155		0		4		0.116		
18:3 undifferentiated.....g	0.114		0		4		0.086		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01294
Yogurt, Greek, fruit, whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	1.599		0	NC	4				
4:0.....g	0.060		2	A	1				
6:0.....g	0.046		2	A	1				
8:0.....g	0.031		2	A	1				
10:0.....g	0.084		2	A	1				
12:0.....g	0.081		2	A	1				
13:0.....g									
14:0.....g	0.254		2	A	1				
15:0.....g	0.027		2	A	1				
16:0.....g	0.746		2	A	1				
17:0.....g	0.017		2	A	1				
18:0.....g	0.250		2	A	1				
20:0.....g	0.003		2	A	1				
22:0.....g	0.000		2	A	1				
24:0.....g	0.000		2	A	1				
Fatty acids, total monounsaturated.....g	1.265		0	NC	4				
14:1.....g	0.025		2	A	1				
15:1.....g	0.000		2	A	1				
16:1 undifferentiated.....g	0.042		0	AS	1				
16:1 c.....g	0.034		2	A	1				
16:1 t.....g	0.008		2	A	1				
17:1.....g	0.005		2	A	1				
18:1 undifferentiated.....g	0.573		0	AS	1				
18:1 c.....g	0.522		2	A	1				
18:1 t.....g	0.052		2	A	1				
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005		2	A	1				
22:1 undifferentiated.....g	0.000		0	AS	1				
22:1 c.....g	0.000		2	A	1				
22:1 t.....g	0.000		2	A	1				
24:1 c.....g	0.000		2	A	1				
Fatty acids, total polyunsaturated.....g	0.219		0	NC	4				
18:2 undifferentiated.....g	0.092		0	AS	1				
18:2 n-6 c,c.....g	0.067		2	A	1				
18:2 CLAs.....g	0.011		2	A	1				
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014		2	A	1				
18:3 undifferentiated.....g	0.011		0	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.011		2	A	1				
18:3 n-6 c,c,c.....g	0.000		2	A	1				
18:3i.....g	0.000		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g	0.000		2	A	1				
20:3 undifferentiated.....g	0.003		0	AS	1				
20:3 n-3.....g	0.000		2	A	1				
20:3 n-6.....g	0.003		2	A	1				
20:4 undifferentiated.....g	0.004		2	A	1				
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1				
21:5.....g									
22:4.....g	0.000		2	A	1				
22:5 n-3 (DPA).....g	0.002		2	A	1				
22:6 n-3 (DHA).....g	0.000		2	A	1				
Fatty acids, total trans.....g	0.000		0		8				
Fatty acids, total trans-monoenoic.....g	0.059		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4				
Cholesterol.....mg	10		0		8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 01294
Yogurt, Greek, fruit, whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01281
Yogurt, Greek, nonfat, strawberry, CHOBANI
Chobani

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	79.62	0.384	6	A	1		119.42		
Energy.....kcal	80		0	NC	4		120		
Energy.....kJ	334		0	NC	4		501		
Protein.....g	8.03	0.101	6	A	1		12.05		
Total lipid (fat).....g	0.12	0.024	6	A	1		0.19		
Ash.....g	0.60	0.028	6	A	1		0.90		
Carbohydrate, by difference.....g	11.62		0	NC	4		17.43		
Fiber, total dietary.....g	0.7		1	A	1		1.0		
Sugars, total.....g	10.86	0.210	3	A	1		16.29		
Sucrose.....g	6.29	0.152	3	A	1		9.44		
Glucose (dextrose).....g	0.77	0.060	3	A	1		1.15		
Fructose.....g	0.74	0.009	3	A	1		1.11		
Lactose.....g	2.50	0.047	3	A	1		3.75		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.55	0.015	3	A	1		0.83		
Starch.....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	99	0.856	6	A	1		149		
Iron, Fe.....mg	0.12	0.020	6	A	1		0.17		
Magnesium, Mg.....mg	10	0.126	6	A	1		15		
Phosphorus, P.....mg	112	1.147	6	A	1		167		
Potassium, K.....mg	124	0.872	6	A	1		186		
Sodium, Na.....mg	33	0.965	6	A	1		49		
Zinc, Zn.....mg	0.44	0.003	6	A	1		0.65		
Copper, Cu.....mg	0.019	0.000	6	A	1		0.028		
Manganese, Mn.....mg	0.033	0.002	6	A	1		0.050		
Selenium, Se.....µg	9.5	0.058	3	A	1		14.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.4		
Thiamin.....mg	0.031		0	BFSN	4		0.047		
Riboflavin.....mg	0.280	0.032	3	A	1		0.420		
Niacin.....mg	0.213	0.007	3	A	1		0.320		
Pantothenic acid.....mg	0.335		2	A	1		0.502		
Vitamin B-6.....mg	0.050	0.002	3	A	1		0.075		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.45		2	A	1		0.67		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			
Fatty acids, total saturated.....g	0.103		0	NC	4	0.154		
4:0.....g	0.007		1	A	1	0.011		
6:0.....g	0.001		1	A	1	0.002		
8:0.....g	0.003		1	A	1	0.005		
10:0.....g	0.017		1	A	1	0.026		
12:0.....g	0.006		1	A	1	0.009		
13:0.....g								
14:0.....g	0.010		1	A	1	0.015		
15:0.....g	0.002		1	A	1	0.003		
16:0.....g	0.038		1	A	1	0.057		
17:0.....g	0.002		1	A	1	0.003		
18:0.....g	0.017		1	A	1	0.026		
20:0.....g	0.000		1	A	1	0.000		
22:0.....g	0.000		1	A	1	0.000		
24:0.....g	0.000		1	A	1	0.000		
Fatty acids, total monounsaturated.....g	0.024		0	NC	4	0.036		
14:1.....g	0.000		1	A	1	0.000		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.001		0	AS	1	0.002		
16:1 c.....g	0.001		1	A	1	0.002		
16:1 t.....g	0.000		1	A	1	0.000		
17:1.....g	0.000		1	A	1	0.000		
18:1 undifferentiated.....g	0.023		0	AS	1	0.035		
18:1 c.....g	0.023		1	A	1	0.035		
18:1 t.....g	0.000		1	A	1	0.000		
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		1	A	1	0.000		
22:1 undifferentiated.....g	0.000		0	AS	1	0.000		
22:1 c.....g	0.000		1	A	1	0.000		
22:1 t.....g	0.000		1	A	1	0.000		
24:1 c.....g	0.000		1	A	1	0.000		
Fatty acids, total polyunsaturated.....g	0.010		0	NC	4	0.015		
18:2 undifferentiated.....g	0.008		0	AS	1	0.012		
18:2 n-6 c,c.....g	0.008		1	A	1	0.012		
18:2 CLAs.....g	0.000		1	A	1	0.000		
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000		1	A	1	0.000		
18:3 undifferentiated.....g	0.002		0	AS	1	0.003		
18:3 n-3 c,c,c (ALA).....g	0.002		1	A	1	0.003		
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000		
18:3i.....g	0.000		1	A	1	0.000		
18:4.....g	0.000		1	A	1	0.000		
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.000		0	AS	1	0.000		
20:3 n-3.....g	0.000		1	A	1	0.000		
20:3 n-6.....g	0.000		1	A	1	0.000		
20:4 undifferentiated.....g	0.000		1	A	1	0.000		
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000		
21:5.....g								
22:4.....g	0.000		1	A	1	0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000		
Fatty acids, total trans.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000		
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01281
Yogurt, Greek, nonfat, strawberry, CHOBANI

Common Measures:
Measure 1 = 150g: 5.3 oz

Calories	Factors:	Protein	Fat	Carbohydrate	Food Group: 01 Dairy and Egg Products
-----------------	-----------------	----------------	------------	---------------------	--

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01280
Yogurt, Greek, nonfat, strawberry, DANNON OIKOS
Danone

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	78.63	0.061	6	A	1	117.95			
Energy.....kcal	84		0	NC	4	126			
Energy.....kJ	352		0	NC	4	528			
Protein.....g	8.03	0.067	6	A	1	12.05			
Total lipid (fat).....g	0.22	0.017	6	A	1	0.33			
Ash.....g	0.59	0.013	6	A	1	0.88			
Carbohydrate, by difference.....g	12.53		0	NC	4	18.80			
Fiber, total dietary.....g	0.4		1	A	1	0.7			
Sugars, total.....g	11.63	0.097	3	A	1	17.44			
Sucrose.....g	3.96	0.073	3	A	1	5.93			
Glucose (dextrose).....g	0.25	0.062	3	A	1	0.37			
Fructose.....g	4.44	0.037	3	A	1	6.66			
Lactose.....g	2.42	0.022	3	A	1	3.63			
Maltose.....g	0.00	0.000	3	A	1	0.00			
Galactose.....g	0.56	0.007	3	A	1	0.84			
Starch.....g	0.00		1	A	1	0.00			
Minerals:									
Calcium, Ca.....mg	94	0.933	6	A	1	141			
Iron, Fe.....mg	0.06	0.004	6	A	1	0.09			
Magnesium, Mg.....mg	11	0.173	6	A	1	16			
Phosphorus, P.....mg	114	1.249	6	A	1	171			
Potassium, K.....mg	145	1.789	6	A	1	218			
Sodium, Na.....mg	33	0.570	6	A	1	50			
Zinc, Zn.....mg	0.45	0.008	6	A	1	0.67			
Copper, Cu.....mg	0.017	0.001	6	A	1	0.026			
Manganese, Mn.....mg	0.029	0.000	6	A	1	0.043			
Selenium, Se.....µg	8.9	0.058	3	A	1	13.3			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1	0.3			
Thiamin.....mg	0.033		0	BFSN	4	0.049			
Riboflavin.....mg	0.217	0.029	3	A	1	0.325			
Niacin.....mg	0.220	0.006	3	A	1	0.330			
Pantothenic acid.....mg	0.385		2	A	1	0.577			
Vitamin B-6.....mg	0.051	0.002	3	A	1	0.076			
Folate, total.....µg	20		1	A	1	31			
Folic acid.....µg									
Folate, food.....µg	20		1	A	1	31			
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.59		2	A	1	0.89			
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		1	AS	1	1.5			

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Vitamin D.....IU	40		1	A	1		59		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.110		0	NC	4		0.165		
4:0.....g	0.007		1	A	1		0.011		
6:0.....g	0.002		1	A	1		0.003		
8:0.....g	0.003		1	A	1		0.005		
10:0.....g	0.018		1	A	1		0.027		
12:0.....g	0.007		1	A	1		0.011		
13:0.....g									
14:0.....g	0.011		1	A	1		0.016		
15:0.....g	0.003		1	A	1		0.005		
16:0.....g	0.039		1	A	1		0.059		
17:0.....g	0.002		1	A	1		0.003		
18:0.....g	0.018		1	A	1		0.027		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.024		0	NC	4		0.036		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.001		0	AS	1		0.002		
16:1 c.....g	0.001		1	A	1		0.002		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.022		0	AS	1		0.033		
18:1 c.....g	0.022		1	A	1		0.033		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001		1	A	1		0.002		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.008		0	NC	4		0.012		
18:2 undifferentiated.....g	0.007		0	AS	1		0.011		
18:2 n-6 c,c.....g	0.007		1	A	1		0.011		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.001		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.001		1	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									

NDB No. 01280
Yogurt, Greek, nonfat, strawberry, DANNON OIKOS

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 150g: 5.3 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.178		0	NC	4		0.267		
4:0.....g	0.009		1	A	1		0.013		
6:0.....g	0.003		1	A	1		0.005		
8:0.....g	0.004		1	A	1		0.006		
10:0.....g	0.022		1	A	1		0.033		
12:0.....g	0.012		1	A	1		0.018		
13:0.....g									
14:0.....g	0.023		1	A	1		0.035		
15:0.....g	0.004		1	A	1		0.006		
16:0.....g	0.074		1	A	1		0.111		
17:0.....g	0.002		1	A	1		0.003		
18:0.....g	0.025		1	A	1		0.038		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.060		0	NC	4		0.090		
14:1.....g	0.002		1	A	1		0.003		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.003		0	AS	1		0.005		
16:1 c.....g	0.003		1	A	1		0.005		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.054		0	AS	1		0.081		
18:1 c.....g	0.047		1	A	1		0.070		
18:1 t.....g	0.007		1	A	1		0.011		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001		1	A	1		0.002		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.011		0	NC	4		0.016		
18:2 undifferentiated.....g	0.010		0	AS	1		0.015		
18:2 n-6 c,c.....g	0.010		1	A	1		0.015		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.001		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.001		1	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.007		0	NC	4		0.011		
Fatty acids, total trans-monoenoic.....g	0.007		0	NC	4		0.011		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01275
Yogurt, Greek, nonfat, vanilla, CHOBANI

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 150g: 5.3 oz

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01278
Yogurt, Greek, nonfat, vanilla, DANNON OIKOS
Danone

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			
Proximates:								
Water.....g	78.50	0.157	6	A	1	117.75		
Energy.....kcal	85		0	NC	4	127		
Energy.....kJ	354		0	NC	4	531		
Protein.....g	8.12	0.036	6	A	1	12.18		
Total lipid (fat).....g	0.14	0.027	6	A	1	0.21		
Ash.....g	0.52	0.019	6	A	1	0.78		
Carbohydrate, by difference.....g	12.72		0	NC	4	19.08		
Fiber, total dietary.....g	0.5		1	A	1	0.7		
Sugars, total.....g	11.40	0.143	3	A	1	17.10		
Sucrose.....g	3.78	0.139	3	A	1	5.67		
Glucose (dextrose).....g	0.27	0.085	3	A	1	0.40		
Fructose.....g	4.34	0.117	3	A	1	6.51		
Lactose.....g	2.47	0.082	3	A	1	3.71		
Maltose.....g	0.00	0.000	3	A	1	0.00		
Galactose.....g	0.54	0.015	3	A	1	0.80		
Starch.....g	0.00		1	A	1	0.00		
Minerals:								
Calcium, Ca.....mg	89	0.933	6	A	1	134		
Iron, Fe.....mg	0.04	0.002	6	A	1	0.06		
Magnesium, Mg.....mg	10	0.085	6	A	1	14		
Phosphorus, P.....mg	112	0.563	6	A	1	167		
Potassium, K.....mg	115	2.405	6	A	1	172		
Sodium, Na.....mg	32	1.075	6	A	1	48		
Zinc, Zn.....mg	0.40	0.009	6	A	1	0.60		
Copper, Cu.....mg	0.017	0.001	6	A	1	0.025		
Manganese, Mn.....mg	0.009	0.000	6	A	1	0.013		
Selenium, Se.....µg	8.2	0.333	3	A	1	12.3		
Vitamins:								
Vitamin C, total ascorbic acid.....mg								
Thiamin.....mg	0.033		0	BFSN	4	0.049		
Riboflavin.....mg	0.260	0.032	3	A	1	0.390		
Niacin.....mg	0.187	0.007	3	A	1	0.280		
Pantothenic acid.....mg	0.375		2	A	1	0.562		
Vitamin B-6.....mg	0.047	0.001	3	A	1	0.070		
Folate, total.....µg								
Folate, DFE.....µg								
Choline, total.....mg								
Betaine.....mg								
Vitamin B-12.....µg	0.66		2	A	1	0.99		
Vitamin A, RAE.....µg								
Vitamin A, IU.....IU								
Lycopene.....µg								
Lutein + zeaxanthin.....µg								
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.9		2	AS	1	1.3		
Vitamin D.....IU	35		2	A	1	53		
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	0.090		0	NC	4		0.135		
4:0.....g	0.006		1	A	1		0.009		
6:0.....g	0.001		1	A	1		0.002		
8:0.....g	0.002		1	A	1		0.003		
10:0.....g	0.017		1	A	1		0.026		
12:0.....g	0.006		1	A	1		0.009		
13:0.....g									
14:0.....g	0.010		1	A	1		0.015		
15:0.....g	0.002		1	A	1		0.003		
16:0.....g	0.031		1	A	1		0.046		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.015		1	A	1		0.022		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.020		0	NC	4		0.030		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		0	AS	1		0.000		
16:1 c.....g	0.000		1	A	1		0.000		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.020		0	AS	1		0.030		
18:1 c.....g	0.020		1	A	1		0.030		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.008		0	NC	4		0.012		
18:2 undifferentiated.....g	0.007		0	AS	1		0.011		
18:2 n-6 c,c.....g	0.007		1	A	1		0.011		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.001		1	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01278
Yogurt, Greek, nonfat, vanilla, DANNON OIKOS

Common Measures:
Measure 1 = 150g: 5.3 oz

Calories	Factors:	Protein	Fat	Carbohydrate	Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)					

NDB No. 01287
Yogurt, Greek, plain, lowfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code Confidence Code			
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	O	4	0.0		
Vitamin D.....IU	0		0	O	4	0		
Vitamin K (phylloquinone).....µg	0.2	0.120	9		4	0.4		
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	1.230		0	NC	4	2.459		
4:0.....g	0.047		1	A	1	0.094		
6:0.....g	0.035		1	A	1	0.070		
8:0.....g	0.024		1	A	1	0.048		
10:0.....g	0.067		1	A	1	0.134		
12:0.....g	0.062		1	A	1	0.124		
13:0.....g								
14:0.....g	0.194		1	A	1	0.388		
15:0.....g	0.021		1	A	1	0.042		
16:0.....g	0.570		1	A	1	1.140		
17:0.....g	0.012		1	A	1	0.024		
18:0.....g	0.195		1	A	1	0.390		
20:0.....g	0.003		1	A	1	0.006		
22:0.....g	0.000		1	A	1	0.000		
24:0.....g	0.000		1	A	1	0.000		
Fatty acids, total monounsaturated.....g	0.486		0	NC	4	0.972		
14:1.....g	0.021		1	A	1	0.042		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.031		0	AS	1	0.062		
16:1 c.....g	0.026		1	A	1	0.052		
16:1 t.....g	0.005		1	A	1	0.010		
17:1.....g	0.003		1	A	1	0.006		
18:1 undifferentiated.....g	0.427		0	AS	1	0.854		
18:1 c.....g	0.381		1	A	1	0.762		
18:1 t.....g	0.046		1	A	1	0.092		
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.004		1	A	1	0.008		
22:1 undifferentiated.....g	0.000		0	AS	1	0.000		
22:1 c.....g	0.000		1	A	1	0.000		
22:1 t.....g	0.000		1	A	1	0.000		
24:1 c.....g	0.000		1	A	1	0.000		
Fatty acids, total polyunsaturated.....g	0.076		0	NC	4	0.152		
18:2 undifferentiated.....g	0.065		0	AS	1	0.130		
18:2 n-6 c,c.....g	0.048		1	A	1	0.096		
18:2 CLAs.....g	0.008		1	A	1	0.016		
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.009		1	A	1	0.018		
18:3 undifferentiated.....g	0.007		0	AS	1	0.014		
18:3 n-3 c,c,c (ALA).....g	0.007		1	A	1	0.014		
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000		
18:3i.....g	0.000		1	A	1	0.000		
18:4.....g	0.000		1	A	1	0.000		
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.002		0	AS	1	0.004		
20:3 n-3.....g	0.000		1	A	1	0.000		
20:3 n-6.....g	0.002		1	A	1	0.004		
20:4 undifferentiated.....g	0.002		1	A	1	0.004		
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000		
21:5.....g								
22:4.....g	0.000		1	A	1	0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000		
Fatty acids, total trans.....g	0.060		0	NC	4	0.120		
Fatty acids, total trans-monoenoic.....g	0.051		0	NC	4	0.102		

NDB No. 01287
Yogurt, Greek, plain, lowfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total trans-polyenoic.....g	0.009		0	NC	4	0.018		
Cholesterol.....mg	10		1	A	1	20		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.030		0		1	0.060		
Threonine.....g	0.216		0		1	0.432		
Isoleucine.....g	0.286		0		1	0.572		
Leucine.....g	0.529		0		1	1.058		
Lysine.....g	0.471		0		1	0.942		
Methionine.....g	0.155		0		1	0.310		
Cystine.....g	0.048		0		4	0.096		
Phenylalanine.....g	0.286		0		1	0.572		
Tyrosine.....g	0.265		0		1	0.530		
Valine.....g	0.434		0		1	0.868		
Arginine.....g	0.158		0		1	0.316		
Histidine.....g	0.130		0		1	0.260		
Alanine.....g	0.225		0		1	0.450		
Aspartic acid.....g	0.416		0		1	0.832		
Glutamic acid.....g	1.028		0		1	2.056		
Glycine.....g	0.127		0		1	0.254		
Proline.....g	0.622		0		1	1.244		
Serine.....g	0.325		0		1	0.650		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 container (7 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01256
Yogurt, Greek, plain, nonfat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common			
	Mean	Std. Error	Number		Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points					Measure 1	Measure 2	Measure 3
Proximates:										
Water.....g	85.10	0.059	18	A	1		144.67			
Energy.....kcal	59		0	NC	4		100			
Energy.....kJ	246		0	NC	4		418			
Protein.....g	10.19	0.179	16	A	1		17.33			
Total lipid (fat).....g	0.39	0.032	18	A	1		0.66			
Ash.....g	0.72	0.010	18	A	1		1.22			
Carbohydrate, by difference.....g	3.60		0	NC	4		6.12			
Fiber, total dietary.....g	0.0		1	LC	8		0.0			
Sugars, total.....g	3.24		3	A	1		5.51			
Sucrose.....g	0.00		3	A	1		0.00			
Glucose (dextrose).....g	0.00		3	A	1		0.00			
Fructose.....g	0.00		3	A	1		0.00			
Lactose.....g	2.54		3	A	1		4.32			
Maltose.....g	0.00		3	A	1		0.00			
Galactose.....g	0.70		3	A	1		1.19			
Starch.....g										
Minerals:										
Calcium, Ca.....mg	110	0.351	18	A	1		187			
Iron, Fe.....mg	0.07	0.003	18	A	1		0.12			
Magnesium, Mg.....mg	11	0.056	18	A	1		18			
Phosphorus, P.....mg	135	0.535	18	A	1		229			
Potassium, K.....mg	141	0.514	18	A	1		240			
Sodium, Na.....mg	36	0.321	18	A	1		60			
Zinc, Zn.....mg	0.52	0.004	18	A	1		0.88			
Copper, Cu.....mg	0.017	0.000	18	A	1		0.028			
Manganese, Mn.....mg	0.009	0.000	18	A	1		0.015			
Selenium, Se.....µg	9.7	0.118	9	A	1		16.5			
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0			
Thiamin.....mg	0.023	0.002	9	A	1		0.039			
Riboflavin.....mg	0.278	0.007	9	A	1		0.472			
Niacin.....mg	0.208	0.006	9	A	1		0.354			
Pantothenic acid.....mg	0.331	0.001	6	A	1		0.563			
Vitamin B-6.....mg	0.063	0.001	9	A	1		0.107			
Folate, total.....µg	7		0	DA	1		12			
Folic acid.....µg	0		0	Z	7		0			
Folate, food.....µg	7		0	DA	1		12			
Folate, DFE.....µg	7		0	NC	4		12			
Choline, total.....mg	15.1		0	AS	1		25.6			
Betaine.....mg	0.8		1	A	1		1.4			
Vitamin B-12.....µg	0.75	0.009	9	A	1		1.28			
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00			
Vitamin A, RAE.....µg	1		0	AS	1		2			
Retinol.....µg	1		3	A	1		2			
Carotene, beta.....µg	0		0	Z	7		0			
Carotene, alpha.....µg	0		0	Z	7		0			
Cryptoxanthin, beta.....µg	0		0	Z	7		0			
Vitamin A, IU.....IU	4		0	AS	1		7			
Lycopene.....µg	0		0	Z	7		0			
Lutein + zeaxanthin.....µg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol).....mg	0.01	0.000	9	A	1		0.02			
Vitamin E, added.....mg	0.00		0	Z	7		0.00			
Tocopherol, beta.....mg	0.00	0.000	9	A	1		0.00			
Tocopherol, gamma.....mg	0.00	0.001	9	A	1		0.00			
Tocopherol, delta.....mg	0.00	0.000	9	A	1		0.00			
Tocotrienol, alpha.....mg	0.00	0.000	9	A	1		0.00			
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00			

NDB No. 01256
Yogurt, Greek, plain, nonfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		2	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg	0.0		1	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	0.0		1	A	1		0.0		
Vitamin D.....IU	0		1	A	1		0		
Vitamin K (phylloquinone).....µg	0.0		3	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		3	A	1		0.0		
Menaquinone-4.....µg	0.0		3	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.117		0	NC	4		0.199		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.003	0.000	9	A	1		0.004		
8:0.....g	0.004	0.000	9	A	1		0.007		
10:0.....g	0.013	0.001	9	A	1		0.022		
12:0.....g	0.006	0.000	9	A	1		0.011		
13:0.....g									
14:0.....g	0.015	0.000	9	A	1		0.026		
15:0.....g	0.003	0.000	9	A	1		0.006		
16:0.....g	0.049	0.002	9	A	1		0.083		
17:0.....g	0.003	0.000	9	A	1		0.005		
18:0.....g	0.021	0.001	9	A	1		0.035		
20:0.....g	0.000	0.000	9	A	1		0.000		
22:0.....g	0.000	0.000	9	A	1		0.000		
24:0.....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.053		0	NC	4		0.091		
14:1.....g	0.001	0.000	9	A	1		0.001		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.002	0.000	9	AS	1		0.004		
16:1 c.....g	0.002	0.000	9	A	1		0.004		
16:1 t.....g	0.000	0.000	9	A	1		0.000		
17:1.....g	0.000	0.000	9	A	1		0.000		
18:1 undifferentiated.....g	0.049	0.001	9	AS	1		0.082		
18:1 c.....g	0.043	0.001	9	A	1		0.073		
18:1 t.....g	0.006	0.001	9	A	1		0.009		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.002	0.001	9	A	1		0.003		
22:1 undifferentiated.....g	0.000	0.000	9	AS	1		0.000		
22:1 c.....g	0.000	0.000	9	A	1		0.000		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.012		0	NC	4		0.020		
18:2 undifferentiated.....g	0.010	0.001	9	AS	1		0.017		
18:2 n-6 c,c.....g	0.010	0.001	9	A	1		0.017		
18:2 CLAs.....g	0.000	0.000	9	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	9	A	1		0.000		
18:3 undifferentiated.....g	0.001	0.001	9	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.001	0.001	9	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1		0.000		
18:3i.....g	0.000	0.000	9	A	1		0.000		
18:4.....g	0.000	0.000	9	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	9	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	9	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	9	A	1		0.000		
20:3 n-6.....g	0.000	0.000	9	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	9	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000		

NDB No. 01256
Yogurt, Greek, plain, nonfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans.....g	0.006		0	NC	4		0.010		
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4		0.010		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	5	0.050	9	A	1		9		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01293
Yogurt, Greek, plain, whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source Confidence			
			Points	Code	Code			
Lipids:								
Fatty acids, total saturated.....g	2.395		0	NC	4			
4:0.....g	0.000	0.000	9	A	1			
6:0.....g	0.051	0.000	9	A	1			
8:0.....g	0.086	0.000	9	A	1			
10:0.....g	0.264	0.001	9	A	1			
12:0.....g	0.127	0.000	9	A	1			
13:0.....g								
14:0.....g	0.316	0.000	9	A	1			
15:0.....g	0.067	0.000	9	A	1			
16:0.....g	1.000	0.002	9	A	1			
17:0.....g	0.060	0.000	9	A	1			
18:0.....g	0.422	0.001	9	A	1			
20:0.....g	0.003	0.000	9	A	1			
22:0.....g	0.000	0.000	9	A	1			
24:0.....g	0.000	0.000	9	A	1			
Fatty acids, total monounsaturated.....g	2.136		0	NC	4			
14:1.....g	0.018	0.000	9	A	1			
15:1.....g	0.000	0.000	9	A	1			
16:1 undifferentiated.....g	0.049	0.000	9	AS	1			
16:1 c.....g	0.044	0.000	9	A	1			
16:1 t.....g	0.005	0.000	9	A	1			
17:1.....g	0.000	0.000	9	A	1			
18:1 undifferentiated.....g	0.993	0.001	9	AS	1			
18:1 c.....g	0.879	0.001	9	A	1			
18:1 t.....g	0.114	0.001	9	A	1			
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.034	0.001	9	A	1			
22:1 undifferentiated.....g	0.000	0.000	9	AS	1			
22:1 c.....g	0.000	0.000	9	A	1			
22:1 t.....g	0.000	0.000	9	A	1			
24:1 c.....g	0.000	0.000	9	A	1			
Fatty acids, total polyunsaturated.....g	0.469		0	NC	4			
18:2 undifferentiated.....g	0.209	0.001	9	AS	1			
18:2 n-6 c,c.....g	0.209	0.001	9	A	1			
18:2 CLAs.....g	0.000	0.000	9	A	1			
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000	0.000	9	A	1			
18:3 undifferentiated.....g	0.023	0.001	9	AS	1			
18:3 n-3 c,c,c (ALA).....g	0.023	0.001	9	A	1			
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1			
18:3i.....g	0.000	0.000	9	A	1			
18:4.....g	0.000	0.000	9	A	1			
20:2 n-6 c,c.....g	0.000	0.000	9	A	1			
20:3 undifferentiated.....g	0.000	0.000	9	AS	1			
20:3 n-3.....g	0.000	0.000	9	A	1			
20:3 n-6.....g	0.000	0.000	9	A	1			
20:4 undifferentiated.....g	0.000	0.000	9	A	1			
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1			
21:5.....g								
22:4.....g	0.000	0.000	9	A	1			
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1			
22:6 n-3 (DHA).....g	0.004	0.000	9	A	1			
Fatty acids, total trans.....g	0.000		0		8			
Cholesterol.....mg	13		0		8			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

NDB No. 01293
Yogurt, Greek, plain, whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01276
Yogurt, Greek, strawberry, DANNON OIKOS
Danone

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
Proximates:									
Water.....g	76.60	0.058	6	A	1	114.90			
Energy.....kcal	106		0	NC	4	159			
Energy.....kJ	443		0	NC	4	665			
Protein.....g	8.25	0.073	6	A	1	12.38			
Total lipid (fat).....g	2.92	0.070	6	A	1	4.37			
Ash.....g	0.56	0.019	6	A	1	0.85			
Carbohydrate, by difference.....g	11.67		0	NC	4	17.50			
Fiber, total dietary.....g	1.0		1	A	1	1.5			
Sugars, total.....g	11.00	0.119	3	A	1	16.50			
Sucrose.....g	3.71	0.106	3	A	1	5.56			
Glucose (dextrose).....g	0.30	0.061	3	A	1	0.45			
Fructose.....g	4.12	0.040	3	A	1	6.18			
Lactose.....g	2.33	0.040	3	A	1	3.49			
Maltose.....g	0.00	0.000	3	A	1	0.00			
Galactose.....g	0.54	0.006	3	A	1	0.81			
Starch.....g	0.00		1	A	1	0.00			
Minerals:									
Calcium, Ca.....mg	86	1.088	6	A	1	129			
Iron, Fe.....mg	0.07	0.003	6	A	1	0.10			
Magnesium, Mg.....mg	10	0.107	6	A	1	15			
Phosphorus, P.....mg	110	1.057	6	A	1	164			
Potassium, K.....mg	131	1.476	6	A	1	196			
Sodium, Na.....mg	34	0.459	6	A	1	51			
Zinc, Zn.....mg	0.39	0.009	6	A	1	0.58			
Copper, Cu.....mg	0.018	0.001	6	A	1	0.027			
Manganese, Mn.....mg	0.034	0.001	6	A	1	0.051			
Selenium, Se.....µg	9.5	0.524	3	A	1	14.2			
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.036		0	BFSN	4	0.054			
Riboflavin.....mg	0.227	0.037	3	A	1	0.340			
Niacin.....mg	0.210	0.000	3	A	1	0.315			
Pantothenic acid.....mg	0.390		2	A	1	0.585			
Vitamin B-6.....mg	0.050	0.001	3	A	1	0.074			
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.56		2	A	1	0.85			
Vitamin A, RAE.....µg	1		0	AS	1	1			
Vitamin A, IU.....IU	13		0	AS	1	19			
Lycopene.....µg	0		1	A	1	0			
Lutein + zeaxanthin.....µg	3		1	A	1	5			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		2	AS	1	0.0			
Vitamin D.....IU	0		2	A	1	0			
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total saturated.....g	1.832		0	NC	4		2.749		
4:0.....g	0.069		1	A	1		0.103		
6:0.....g	0.053		1	A	1		0.079		
8:0.....g	0.035		1	A	1		0.053		
10:0.....g	0.093		1	A	1		0.140		
12:0.....g	0.093		1	A	1		0.140		
13:0.....g									
14:0.....g	0.292		1	A	1		0.438		
15:0.....g	0.031		1	A	1		0.046		
16:0.....g	0.859		1	A	1		1.289		
17:0.....g	0.019		1	A	1		0.028		
18:0.....g	0.285		1	A	1		0.427		
20:0.....g	0.004		1	A	1		0.006		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.745		0	NC	4		1.117		
14:1.....g	0.028		1	A	1		0.042		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.048		0	AS	1		0.072		
16:1 c.....g	0.039		1	A	1		0.059		
16:1 t.....g	0.009		1	A	1		0.013		
17:1.....g	0.006		1	A	1		0.009		
18:1 undifferentiated.....g	0.657		0	AS	1		0.985		
18:1 c.....g	0.598		1	A	1		0.897		
18:1 t.....g	0.059		1	A	1		0.089		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006		1	A	1		0.009		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.131		0	NC	4		0.196		
18:2 undifferentiated.....g	0.107		0	AS	1		0.161		
18:2 n-6 c,c.....g	0.078		1	A	1		0.117		
18:2 CLAs.....g	0.012		1	A	1		0.018		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.017		1	A	1		0.026		
18:3 undifferentiated.....g	0.013		0	AS	1		0.020		
18:3 n-3 c,c,c (ALA).....g	0.013		1	A	1		0.020		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.003		0	AS	1		0.005		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.003		1	A	1		0.005		
20:4 undifferentiated.....g	0.005		1	A	1		0.007		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.003		1	A	1		0.005		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.085		0	NC	4		0.127		
Fatty acids, total trans-monoenoic.....g	0.068		0	NC	4		0.102		
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4		0.026		
Cholesterol.....mg	13		1	A	1		19		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01276
Yogurt, Greek, strawberry, DANNON OIKOS

Common Measures:
Measure 1 = 150g: 5.3 oz

Calories	Factors: Protein	Fat	Carbohydrate	Food Group: 01 Dairy and Egg Products
----------	------------------	-----	--------------	---------------------------------------

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01284
Yogurt, Greek, strawberry, lowfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		2	AS	1		0.0		
Vitamin D.....IU	0		2	A	1		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.599		0	NC	4		2.398		
4:0.....g	0.060		2	A	1		0.091		
6:0.....g	0.046		2	A	1		0.069		
8:0.....g	0.031		2	A	1		0.046		
10:0.....g	0.084		2	A	1		0.125		
12:0.....g	0.081		2	A	1		0.122		
13:0.....g									
14:0.....g	0.254		2	A	1		0.381		
15:0.....g	0.027		2	A	1		0.041		
16:0.....g	0.746		2	A	1		1.120		
17:0.....g	0.017		2	A	1		0.025		
18:0.....g	0.250		2	A	1		0.374		
20:0.....g	0.003		2	A	1		0.005		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.650		0	NC	4		0.975		
14:1.....g	0.025		2	A	1		0.037		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.042		0	AS	1		0.063		
16:1 c.....g	0.034		2	A	1		0.051		
16:1 t.....g	0.008		2	A	1		0.012		
17:1.....g	0.005		2	A	1		0.008		
18:1 undifferentiated.....g	0.573		0	AS	1		0.860		
18:1 c.....g	0.522		2	A	1		0.783		
18:1 t.....g	0.052		2	A	1		0.077		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005		2	A	1		0.008		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.113		0	NC	4		0.169		
18:2 undifferentiated.....g	0.092		0	AS	1		0.139		
18:2 n-6 c,c.....g	0.067		2	A	1		0.101		
18:2 CLAs.....g	0.011		2	A	1		0.016		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014		2	A	1		0.022		
18:3 undifferentiated.....g	0.011		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA).....g	0.011		2	A	1		0.017		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.003		0	AS	1		0.004		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.003		2	A	1		0.004		
20:4 undifferentiated.....g	0.004		2	A	1		0.007		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.002		2	A	1		0.003		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.074		0	NC	4		0.111		
Fatty acids, total trans-monoenoic.....g	0.059		0	NC	4		0.089		

NDB No. 01284
Yogurt, Greek, strawberry, lowfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.022		
Cholesterol.....mg	12		2	A	1		17		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.038		
Threonine.....g	0.179		0		1		0.269		
Isoleucine.....g	0.238		0		1		0.357		
Leucine.....g	0.440		0		1		0.660		
Lysine.....g	0.392		0		1		0.588		
Methionine.....g	0.129		0		1		0.194		
Cystine.....g	0.040		0		4		0.060		
Phenylalanine.....g	0.238		0		1		0.357		
Tyrosine.....g	0.221		0		1		0.332		
Valine.....g	0.362		0		1		0.543		
Arginine.....g	0.132		0		1		0.198		
Histidine.....g	0.108		0		1		0.162		
Alanine.....g	0.187		0		1		0.281		
Aspartic acid.....g	0.347		0		1		0.521		
Glutamic acid.....g	0.856		0		1		1.284		
Glycine.....g	0.105		0		1		0.158		
Proline.....g	0.518		0		1		0.777		
Serine.....g	0.271		0		1		0.407		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 container (5.3 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01285
Yogurt, Greek, strawberry, nonfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		1	AS	1		1.5		
Vitamin D.....IU	40		1	A	1		59		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophyllquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.105		0	NC	4		0.157		
4:0.....g	0.007		3	A	1		0.010		
6:0.....g	0.001		3	A	1		0.002		
8:0.....g	0.003		3	A	1		0.004		
10:0.....g	0.017		3	A	1		0.026		
12:0.....g	0.006		3	A	1		0.009		
13:0.....g									
14:0.....g	0.010		3	A	1		0.015		
15:0.....g	0.003		3	A	1		0.004		
16:0.....g	0.038		3	A	1		0.057		
17:0.....g	0.002		3	A	1		0.003		
18:0.....g	0.017		3	A	1		0.026		
20:0.....g	0.000		3	A	1		0.000		
22:0.....g	0.000		3	A	1		0.000		
24:0.....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.040		
14:1.....g	0.000		3	A	1		0.000		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.001		3	AS	1		0.002		
16:1 c.....g	0.001		3	A	1		0.002		
16:1 t.....g	0.000		3	A	1		0.000		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	0.025		3	AS	1		0.037		
18:1 c.....g	0.024		3	A	1		0.036		
18:1 t.....g	0.001		3	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001		3	A	1		0.001		
22:1 undifferentiated.....g	0.000		3	AS	1		0.000		
22:1 c.....g	0.000		3	A	1		0.000		
22:1 t.....g	0.000		3	A	1		0.000		
24:1 c.....g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.014		0	NC	4		0.020		
18:2 undifferentiated.....g	0.010		3	AS	1		0.015		
18:2 n-6 c,c.....g	0.010		3	A	1		0.015		
18:2 CLAs.....g	0.000		3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000		
18:3 undifferentiated.....g	0.003		3	AS	1		0.005		
18:3 n-3 c,c,c (ALA).....g	0.003		3	A	1		0.005		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g	0.000		3	A	1		0.000		
18:4.....g	0.000		3	A	1		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	AS	1		0.000		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.000		3	A	1		0.000		
20:4 undifferentiated.....g	0.000		3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000		
21:5.....g									
22:4.....g	0.000		3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		3	A	1		0.000		
Fatty acids, total trans.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4		0.001		

NDB No. 01285
Yogurt, Greek, strawberry, nonfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Confidence Code			
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000		
Cholesterol.....mg	4		1	A	1	6		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.025		0		1	0.038		
Threonine.....g	0.179		0		1	0.269		
Isoleucine.....g	0.238		0		1	0.357		
Leucine.....g	0.440		0		1	0.660		
Lysine.....g	0.392		0		1	0.588		
Methionine.....g	0.129		0		1	0.194		
Cystine.....g	0.040		0		4	0.060		
Phenylalanine.....g	0.238		0		1	0.357		
Tyrosine.....g	0.221		0		1	0.332		
Valine.....g	0.362		0		1	0.543		
Arginine.....g	0.132		0		1	0.198		
Histidine.....g	0.108		0		1	0.162		
Alanine.....g	0.187		0		1	0.281		
Aspartic acid.....g	0.347		0		1	0.521		
Glutamic acid.....g	0.856		0		1	1.284		
Glycine.....g	0.105		0		1	0.158		
Proline.....g	0.518		0		1	0.777		
Serine.....g	0.271		0		1	0.407		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 container (5.3 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.9		2	AS	1				
Vitamin D.....IU	35		2	A	1				
Vitamin K (phylloquinone).....µg	0.2		0	BFNN	4				
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.465		0	NC	4				
4:0.....g	0.083		3	A	1				
6:0.....g	0.021		3	A	1				
8:0.....g	0.036		3	A	1				
10:0.....g	0.219		3	A	1				
12:0.....g	0.102		3	A	1				
13:0.....g									
14:0.....g	0.177		3	A	1				
15:0.....g	0.033		3	A	1				
16:0.....g	0.568		3	A	1				
17:0.....g	0.012		3	A	1				
18:0.....g	0.215		3	A	1				
20:0.....g	0.000		3	A	1				
22:0.....g	0.000		3	A	1				
24:0.....g	0.000		3	A	1				
Fatty acids, total monounsaturated.....g	0.846		0	NC	4				
14:1.....g	0.011		3	A	1				
15:1.....g	0.000		3	A	1				
16:1 undifferentiated.....g	0.016		3	AS	1				
16:1 c.....g	0.016		3	A	1				
16:1 t.....g	0.000		3	A	1				
17:1.....g	0.000		3	A	1				
18:1 undifferentiated.....g	0.398		3	AS	1				
18:1 c.....g	0.360		3	A	1				
18:1 t.....g	0.038		3	A	1				
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005		3	A	1				
22:1 undifferentiated.....g	0.000		3	AS	1				
22:1 c.....g	0.000		3	A	1				
22:1 t.....g	0.000		3	A	1				
24:1 c.....g	0.000		3	A	1				
Fatty acids, total polyunsaturated.....g	0.203		0	NC	4				
18:2 undifferentiated.....g	0.094		3	AS	1				
18:2 n-6 c,c.....g	0.094		3	A	1				
18:2 CLAs.....g	0.000		3	A	1				
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1				
18:3 undifferentiated.....g	0.005		3	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.005		3	A	1				
18:3 n-6 c,c,c.....g	0.000		3	A	1				
18:3i.....g	0.000		3	A	1				
18:4.....g	0.000		3	A	1				
20:2 n-6 c,c.....g	0.000		3	A	1				
20:3 undifferentiated.....g	0.000		3	AS	1				
20:3 n-3.....g	0.000		3	A	1				
20:3 n-6.....g	0.000		3	A	1				
20:4 undifferentiated.....g	0.004		3	A	1				
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1				
21:5.....g									
22:4.....g	0.000		3	A	1				
22:5 n-3 (DPA).....g	0.000		3	A	1				
22:6 n-3 (DHA).....g	0.000		3	A	1				
Fatty acids, total trans.....g	0.000		0		8				
Fatty acids, total trans-monoenoic.....g	0.038		0	NC	4				

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Deriv			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4					
Cholesterol.....mg	5		0		8					
Phytosterols.....mg										
<u>Others:</u>										
Alcohol, ethyl.....g	0.0		0	Z	7					
Caffeine.....mg	0		0	Z	7					
Theobromine.....mg	0		0	Z	7					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.9		2	AS	1		1.3		
Vitamin D.....IU	35		2	A	1		53		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.1		
Dihydrophyllloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.133		0	NC	4		0.200		
4:0.....g	0.008		3	A	1		0.011		
6:0.....g	0.002		3	A	1		0.003		
8:0.....g	0.003		3	A	1		0.005		
10:0.....g	0.020		3	A	1		0.030		
12:0.....g	0.009		3	A	1		0.014		
13:0.....g									
14:0.....g	0.016		3	A	1		0.024		
15:0.....g	0.003		3	A	1		0.005		
16:0.....g	0.052		3	A	1		0.078		
17:0.....g	0.001		3	A	1		0.002		
18:0.....g	0.020		3	A	1		0.029		
20:0.....g	0.000		3	A	1		0.000		
22:0.....g	0.000		3	A	1		0.000		
24:0.....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.039		0	NC	4		0.059		
14:1.....g	0.001		3	A	1		0.002		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.002		3	AS	1		0.002		
16:1 c.....g	0.002		3	A	1		0.002		
16:1 t.....g	0.000		3	A	1		0.000		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	0.036		3	AS	1		0.054		
18:1 c.....g	0.033		3	A	1		0.049		
18:1 t.....g	0.004		3	A	1		0.005		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.001		3	A	1		0.001		
22:1 undifferentiated.....g	0.000		3	AS	1		0.000		
22:1 c.....g	0.000		3	A	1		0.000		
22:1 t.....g	0.000		3	A	1		0.000		
24:1 c.....g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.009		0	NC	4		0.014		
18:2 undifferentiated.....g	0.009		3	AS	1		0.013		
18:2 n-6 c,c.....g	0.009		3	A	1		0.013		
18:2 CLAs.....g	0.000		3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000		
18:3 undifferentiated.....g	0.001		3	AS	1		0.001		
18:3 n-3 c,c,c (ALA).....g	0.001		3	A	1		0.001		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g	0.000		3	A	1		0.000		
18:4.....g	0.000		3	A	1		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	AS	1		0.000		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.000		3	A	1		0.000		
20:4 undifferentiated.....g	0.000		3	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000		
21:5.....g									
22:4.....g	0.000		3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		3	A	1		0.000		
Fatty acids, total trans.....g	0.004		0	NC	4		0.005		
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4		0.005		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000		
Cholesterol.....mg	3		0	O	4	5		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.028		0		1	0.042		
Threonine.....g	0.202		0		1	0.303		
Isoleucine.....g	0.269		0		1	0.404		
Leucine.....g	0.497		0		1	0.746		
Lysine.....g	0.442		0		1	0.663		
Methionine.....g	0.145		0		1	0.218		
Cystine.....g	0.045		0		4	0.068		
Phenylalanine.....g	0.269		0		1	0.404		
Tyrosine.....g	0.249		0		1	0.374		
Valine.....g	0.408		0		1	0.612		
Arginine.....g	0.148		0		1	0.222		
Histidine.....g	0.122		0		1	0.183		
Alanine.....g	0.211		0		1	0.317		
Aspartic acid.....g	0.391		0		1	0.587		
Glutamic acid.....g	0.965		0		1	1.448		
Glycine.....g	0.119		0		1	0.179		
Proline.....g	0.584		0		1	0.876		
Serine.....g	0.305		0		1	0.458		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 container (5.3 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01187
Yogurt, chocolate, nonfat milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.000		0	RA	4		0.000		
10:0.....g	0.000		0	RA	4		0.000		
12:0.....g	0.000		0	RA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	RA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	RA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	RA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RA	4		0.000		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RA	4		0.000		
18:2 undifferentiated.....g	0.000		0	RA	4		0.000		
18:3 undifferentiated.....g	0.000		0	RA	4		0.000		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	RA	4		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	2		0	BFZN	4		3		
Theobromine.....mg	23		0	BFZN	4		39		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, chocolate, nonfat milk, fortified with vitamin D

[illegible]

NDB No. 01222
Yogurt, chocolate, nonfat milk, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.000		0	RA	4		0.000		
10:0.....g	0.000		0	RA	4		0.000		
12:0.....g	0.000		0	RA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	RA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	RA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	RA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RA	4		0.000		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RA	4		0.000		
18:2 undifferentiated.....g	0.000		0	RA	4		0.000		
18:3 undifferentiated.....g	0.000		0	RA	4		0.000		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	RA	4		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	2		0	BFZN	4		3		
Theobromine.....mg	23		0	BFZN	4		39		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener

[illegible]

NDB No. 01235

Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.488		0	RA	4		0.332		
4:0.....g	0.027		0	RA	4		0.018		
6:0.....g	0.009		0	RA	4		0.006		
8:0.....g	0.009		0	RA	4		0.006		
10:0.....g	0.018		0	RA	4		0.012		
12:0.....g	0.009		0	RA	4		0.006		
13:0.....g									
14:0.....g	0.071		0	RA	4		0.048		
15:0.....g									
16:0.....g	0.241		0	RA	4		0.164		
17:0.....g									
18:0.....g	0.104		0	RA	4		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0	RA	4		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	RA	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.187		0	RA	4		0.127		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	RA	4		0.020		
18:2 undifferentiated.....g	0.021		0	RA	4		0.014		
18:3 undifferentiated.....g	0.009		0	RA	4		0.006		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	RA	4		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: .5 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, frozen, flavors other than chocolate, low fat

[illegible]

NDB No. 01298

Yogurt, frozen, flavors other than chocolate, lowfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	1.509		0	NC	4		
4:0.....g	0.077		0	BFFN	4		
6:0.....g	0.054		0	BFFN	4		
8:0.....g	0.031		0	BFFN	4		
10:0.....g	0.069		0	BFFN	4		
12:0.....g	0.085		0	BFFN	4		
13:0.....g							
14:0.....g	0.262		0	BFFN	4		
15:0.....g							
16:0.....g	0.685		0	BFFN	4		
17:0.....g							
18:0.....g	0.247		0	BFFN	4		
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.685		0	BFFN	4		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.054		0	BFFN	4		
17:1.....g							
18:1 undifferentiated.....g	0.569		0	BFFN	4		
20:1.....g	0.000		0	BFFN	4		
22:1 undifferentiated.....g	0.000		0	BFFN	4		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.069		0	BFFN	4		
18:2 undifferentiated.....g	0.047		0	BFFN	4		
18:3 undifferentiated.....g	0.023		0	BFFN	4		
18:4.....g	0.000		0	BFFN	4		
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	BFFN	4		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		
Fatty acids, total trans.....g	0.000		0		8		
Cholesterol.....mg	45		0		8		
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	BFFN	4		
Caffeine.....mg	0		0	BFFN	4		
Theobromine.....mg	0		0	BFFN	4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43261
Yogurt, fruit variety, nonfat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Proximates:									
Water.....g	75.40		0		4		128.18	94.25	184.73
Energy.....kcal	95		0	NC	4		162	119	234
Energy.....kJ	399		0	NC	4		679	499	978
Protein.....g	4.40		0		4		7.48	5.50	10.78
Total lipid (fat).....g	0.20		0		4		0.34	0.25	0.49
Ash.....g	1.00		0	NR	4		1.70	1.25	2.45
Carbohydrate, by difference.....g	19.00		0		4		32.30	23.75	46.55
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	19.00		0	NR	4		32.30	23.75	46.55
Starch.....g									
Minerals:									
Calcium, Ca.....mg	152		0		4		258	190	372
Iron, Fe.....mg	0.07		0		4		0.12	0.09	0.17
Magnesium, Mg.....mg	15		0		4		26	19	37
Phosphorus, P.....mg	119		0		4		202	149	292
Potassium, K.....mg	194		0		4		330	243	475
Sodium, Na.....mg	58		0		4		99	73	142
Zinc, Zn.....mg	0.74		0		4		1.26	0.93	1.81
Copper, Cu.....mg	0.011		0		4		0.019	0.014	0.027
Manganese, Mn.....mg	0.035		0	RA	4		0.059	0.043	0.085
Selenium, Se.....µg	6.0		0	BFNN	4		10.2	7.5	14.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		1.2	0.9	1.7
Thiamin.....mg	0.040		0		4		0.068	0.050	0.098
Riboflavin.....mg	0.180		0		4		0.306	0.225	0.441
Niacin.....mg	0.100		0		4		0.170	0.125	0.245
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.068	0.050	0.098
Folate, total.....µg	9		0		4		15	11	22
Folic acid.....µg	0		0	RA	4		0	0	0
Folate, food.....µg	9		0		4		15	11	22
Folate, DFE.....µg	9		0	NC	4		15	11	22
Choline, total.....mg	16.4		0	AS	1		27.8	20.4	40.1
Betaine.....mg	0.7		1	A	1		1.2	0.9	1.7
Vitamin B-12.....µg	0.47		0		4		0.80	0.59	1.15
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	2		0	NC	4		3	2	5
Retinol.....µg	2		0	RA	4		3	2	4
Carotene, beta.....µg	4		0	RA	4		6	4	9
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	12		0	NC	4		20	14	28
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	RA	4		14	10	20
Vitamin E (alpha-tocopherol).....mg	0.06		0	RA	4		0.10	0.07	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.1		0	RA	4		1.9	1.4	2.8
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 43261
Yogurt, fruit variety, nonfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.119		0		4		0.202	0.149	0.292
4:0.....g	0.009		0		4		0.015	0.011	0.022
6:0.....g	0.001		0		4		0.002	0.001	0.002
8:0.....g	0.002		0		4		0.003	0.003	0.005
10:0.....g	0.004		0		4		0.007	0.005	0.010
12:0.....g	0.003		0		4		0.005	0.004	0.007
13:0.....g									
14:0.....g	0.017		0		4		0.029	0.021	0.042
15:0.....g									
16:0.....g	0.055		0		4		0.094	0.069	0.135
17:0.....g									
18:0.....g	0.019		0		4		0.032	0.024	0.047
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		4		0.085	0.063	0.123
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.012	0.009	0.017
17:1.....g									
18:1 undifferentiated.....g	0.041		0		4		0.070	0.051	0.100
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0		4		0.027	0.020	0.039
18:2 undifferentiated.....g	0.010		0		4		0.017	0.013	0.025
18:3 undifferentiated.....g	0.006		0		4		0.010	0.008	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		4		3	3	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0	RA	4		0.047	0.035	0.068
Threonine.....g	0.202		0	RA	4		0.344	0.253	0.496
Isoleucine.....g	0.269		0	RA	4		0.457	0.336	0.659
Leucine.....g	0.496		0	RA	4		0.844	0.620	1.216
Lysine.....g	0.439		0	RA	4		0.746	0.548	1.075
Methionine.....g	0.145		0	RA	4		0.247	0.181	0.356
Cystine.....g	0.045		0	RA	4		0.077	0.057	0.111
Phenylalanine.....g	0.270		0	RA	4		0.458	0.337	0.660
Tyrosine.....g	0.247		0	RA	4		0.420	0.309	0.605
Valine.....g	0.407		0	RA	4		0.692	0.509	0.997
Arginine.....g	0.151		0	RA	4		0.257	0.189	0.370
Histidine.....g	0.122		0	RA	4		0.208	0.153	0.299
Alanine.....g	0.212		0	RA	4		0.361	0.266	0.521
Aspartic acid.....g	0.394		0	RA	4		0.669	0.492	0.964
Glutamic acid.....g	0.966		0	RA	4		1.642	1.207	2.366
Glycine.....g	0.121		0	RA	4		0.206	0.152	0.297
Proline.....g	0.581		0	RA	4		0.987	0.726	1.423
Serine.....g	0.305		0	RA	4		0.518	0.381	0.747
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 43261
 Yogurt, fruit variety, nonfat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
			Points	Code	Code	Code		
Theobromine.....mg	0		0	Z	7		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, fruit variety, nonfat, fortified with vitamin D

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.40		0		4		128.18	94.25	184.73
Energy.....kcal	95		0	NC	4		162	119	234
Energy.....kJ	399		0	NC	4		679	499	978
Protein.....g	4.40		0		4		7.48	5.50	10.78
Total lipid (fat).....g	0.20		0		4		0.34	0.25	0.49
Ash.....g	1.00		0	NR	4		1.70	1.25	2.45
Carbohydrate, by difference.....g	19.00		0		4		32.30	23.75	46.55
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	19.00		0	NR	4		32.30	23.75	46.55
Starch.....g									
Minerals:									
Calcium, Ca.....mg	152		0		4		258	190	372
Iron, Fe.....mg	0.07		0		4		0.12	0.09	0.17
Magnesium, Mg.....mg	15		0		4		26	19	37
Phosphorus, P.....mg	119		0		4		202	149	292
Potassium, K.....mg	194		0		4		330	243	475
Sodium, Na.....mg	58		0		4		99	73	142
Zinc, Zn.....mg	0.74		0		4		1.26	0.93	1.81
Copper, Cu.....mg	0.011		0		4		0.019	0.014	0.027
Manganese, Mn.....mg	0.035		0	RA	4		0.059	0.043	0.085
Selenium, Se.....µg	6.0		0	BFINN	4		10.2	7.5	14.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		1.2	0.9	1.7
Thiamin.....mg	0.040		0		4		0.068	0.050	0.098
Riboflavin.....mg	0.180		0		4		0.306	0.225	0.441
Niacin.....mg	0.100		0		4		0.170	0.125	0.245
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.068	0.050	0.098
Folate, total.....µg	9		0		4		15	11	22
Folic acid.....µg	0		0	RA	4		0	0	0
Folate, food.....µg	9		0		4		15	11	22
Folate, DFE.....µg	9		0	NC	4		15	11	22
Choline, total.....mg	16.4		0	AS	1		27.8	20.4	40.1
Betaine.....mg	0.7		1	A	1		1.2	0.9	1.7
Vitamin B-12.....µg	0.47		0		4		0.80	0.59	1.15
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	2		0	NC	4		3	2	5
Retinol.....µg	2		0	RA	4		3	2	4
Carotene, beta.....µg	4		0	RA	4		6	4	9
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	12		0	NC	4		20	14	28
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	RA	4		14	10	20
Vitamin E (alpha-tocopherol).....mg	0.06		0	RA	4		0.10	0.07	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		45	AS	1		2.2	1.6	3.2
Vitamin D.....IU	52	0.622	45	A	1		89	66	129
Vitamin K (phylloquinone).....µg	1.1		0	RA	4		1.9	1.4	2.8

NDB No. 01218

Yogurt, fruit variety, nonfat, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.119		0		4		0.202	0.149	0.292
4:0.....g	0.009		0		4		0.015	0.011	0.022
6:0.....g	0.001		0		4		0.002	0.001	0.002
8:0.....g	0.002		0		4		0.003	0.003	0.005
10:0.....g	0.004		0		4		0.007	0.005	0.010
12:0.....g	0.003		0		4		0.005	0.004	0.007
13:0.....g									
14:0.....g	0.017		0		4		0.029	0.021	0.042
15:0.....g									
16:0.....g	0.055		0		4		0.094	0.069	0.135
17:0.....g									
18:0.....g	0.019		0		4		0.032	0.024	0.047
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		4		0.085	0.063	0.123
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.012	0.009	0.017
17:1.....g									
18:1 undifferentiated.....g	0.041		0		4		0.070	0.051	0.100
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0		4		0.027	0.020	0.039
18:2 undifferentiated.....g	0.010		0		4		0.017	0.013	0.025
18:3 undifferentiated.....g	0.006		0		4		0.010	0.008	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		4		3	3	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0	RA	4		0.047	0.035	0.068
Threonine.....g	0.202		0	RA	4		0.344	0.253	0.496
Isoleucine.....g	0.269		0	RA	4		0.457	0.336	0.659
Leucine.....g	0.496		0	RA	4		0.844	0.620	1.216
Lysine.....g	0.439		0	RA	4		0.746	0.548	1.075
Methionine.....g	0.145		0	RA	4		0.247	0.181	0.356
Cystine.....g	0.045		0	RA	4		0.077	0.057	0.111
Phenylalanine.....g	0.270		0	RA	4		0.458	0.337	0.660
Tyrosine.....g	0.247		0	RA	4		0.420	0.309	0.605
Valine.....g	0.407		0	RA	4		0.692	0.509	0.997
Arginine.....g	0.151		0	RA	4		0.257	0.189	0.370
Histidine.....g	0.122		0	RA	4		0.208	0.153	0.299
Alanine.....g	0.212		0	RA	4		0.361	0.266	0.521
Aspartic acid.....g	0.394		0	RA	4		0.669	0.492	0.964
Glutamic acid.....g	0.966		0	RA	4		1.642	1.207	2.366
Glycine.....g	0.121		0	RA	4		0.206	0.152	0.297
Proline.....g	0.581		0	RA	4		0.987	0.726	1.423
Serine.....g	0.305		0	RA	4		0.518	0.381	0.747
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01218
Yogurt, fruit variety, nonfat, fortified w ith vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 170g: 1 container (6 oz)
- Measure 2 = 125g: 1 container (4.4 oz)
- Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
Nutrients and Units			Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error								
Proximates:										
Water.....g	74.48	0.610	26			1		126.62	182.48	169.07
Energy.....kcal	102		0	NC		4		173	250	231
Energy.....kJ	426		0	NC		4		725	1044	968
Protein (N x 6.38).....g	4.37	0.026	26			1		7.43	10.71	9.92
Total lipid (fat).....g	1.08	0.052	26			1		1.84	2.65	2.45
Ash.....g	1.02	0.027	12			1		1.73	2.50	2.32
Carbohydrate, by difference.....g	19.05		0	NC		4		32.39	46.67	43.24
Fiber, total dietary.....g	0.0		0			4		0.0	0.0	0.0
Sugars, total.....g	19.05		0	NR		4		32.39	46.67	43.24
Starch.....g										
Minerals:										
Calcium, Ca.....mg	152		0			1		258	372	345
Iron, Fe.....mg	0.07		0			1		0.12	0.17	0.16
Magnesium, Mg.....mg	15		0			1		25	36	33
Phosphorus, P.....mg	119		0			1		203	293	271
Potassium, K.....mg	195		0			1		331	477	442
Sodium, Na.....mg	58		0			1		99	143	133
Zinc, Zn.....mg	0.74		0			1		1.26	1.81	1.68
Copper, Cu.....mg	0.080		0			1		0.136	0.196	0.182
Manganese, Mn.....mg	0.065		0			1		0.111	0.159	0.148
Selenium, Se.....µg	3.1		0	BFFN		4		5.3	7.6	7.0
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.7		0			1		1.1	1.6	1.5
Thiamin.....mg	0.037		0			1		0.063	0.091	0.084
Riboflavin.....mg	0.178		0			1		0.303	0.436	0.404
Niacin.....mg	0.095		0			1		0.162	0.233	0.216
Pantothenic acid.....mg	0.489		0			1		0.831	1.198	1.110
Vitamin B-6.....mg	0.040		0			1		0.068	0.098	0.091
Folate, total.....µg	9		0			1		16	23	21
Folic acid.....µg	0		0	Z		7		0	0	0
Folate, food.....µg	9		0			1		16	23	21
Folate, DFE.....µg	9		0	NC		4		16	23	21
Choline, total.....mg	14.0		0	AS		1		23.9	34.4	31.9
Betaine.....mg	0.8		2	A		1		1.4	2.0	1.9
Vitamin B-12.....µg	0.47		0			1		0.79	1.14	1.06
Vitamin B-12, added.....µg	0.00		0	Z		7		0.00	0.00	0.00
Vitamin A, RAE.....µg	10		0	NC		4		17	25	23
Retinol.....µg	10		0	T		4		17	25	23
Carotene, beta.....µg	2		0	BFFN		4		3	4	4
Carotene, alpha.....µg	0		0	Z		7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z		7		0	0	0
Vitamin A, IU.....IU	36		0	NC		4		62	89	82
Lycopene.....µg	0		0	Z		7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z		7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFFN		4		0.03	0.05	0.04
Vitamin E, added.....mg	0.00		0	Z		7		0.00		

NDB No. 01121

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	measures of food			
			of Data			Code	Confidence	Measure 1	Measure 2
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.697		0		1		1.185	1.708	1.582
4:0.....g	0.032	0.002	3		1		0.054	0.078	0.073
6:0.....g	0.022	0.001	3		1		0.037	0.054	0.050
8:0.....g	0.014	0.001	3		1		0.024	0.034	0.032
10:0.....g	0.031	0.002	3		1		0.053	0.076	0.070
12:0.....g	0.037	0.002	3		1		0.063	0.091	0.084
13:0.....g									
14:0.....g	0.114	0.006	3		1		0.194	0.279	0.259
15:0.....g									
16:0.....g	0.294	0.014	3		1		0.500	0.720	0.667
17:0.....g									
18:0.....g	0.105	0.005	3		1		0.179	0.257	0.238
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.297		0		1		0.505	0.728	0.674
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024	0.001	3		1		0.041	0.059	0.054
17:1.....g									
18:1 undifferentiated.....g	0.247	0.012	3		1		0.420	0.605	0.561
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.053	0.076	0.070
18:2 undifferentiated.....g	0.022	0.001	3		1		0.037	0.054	0.050
18:3 undifferentiated.....g	0.009	0.001	3		1		0.015	0.022	0.020
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		7	10	10
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.043	0.061	0.057
Threonine.....g	0.179		0		1		0.304	0.439	0.406
Isoleucine.....g	0.238		0		1		0.405	0.583	0.540
Leucine.....g	0.440		0		1		0.748	1.078	0.999
Lysine.....g	0.392		0		1		0.666	0.960	0.890
Methionine.....g	0.129		0		1		0.219	0.316	0.293
Cystine.....g	0.040		0		4		0.068	0.098	0.091
Phenylalanine.....g	0.238		0		1		0.405	0.583	0.540
Tyrosine.....g	0.221		0		1		0.376	0.541	0.502
Valine.....g	0.362		0		1		0.615	0.887	0.822
Arginine.....g	0.132		0		1		0.224	0.323	0.300
Histidine.....g	0.108		0		1		0.184	0.265	0.245
Alanine.....g	0.187		0		1		0.318	0.458	0.424
Aspartic acid.....g	0.347		0		1		0.590	0.850	0.788
Glutamic acid.....g	0.856		0		1		1.455	2.097	1.943
Glycine.....g	0.105		0		1		0.179	0.257	0.238
Proline.....g	0.518		0		1		0.881	1.269	1.176
Serine.....g	0.271		0		1		0.461	0.664	0.615
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01121
Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 245g: 1 cup (8 fl oz)
Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.48	0.610	26		1		126.62	182.48	169.07
Energy.....kcal	102		0	NC	4		173	250	231
Energy.....kJ	426		0	NC	4		725	1044	968
Protein (N x 6.38).....g	4.37	0.026	26		1		7.43	10.71	9.92
Total lipid (fat).....g	1.08	0.052	26		1		1.84	2.65	2.45
Ash.....g	1.02	0.027	12		1		1.73	2.50	2.32
Carbohydrate, by difference.....g	19.05		0	NC	4		32.39	46.67	43.24
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	19.05		0	NR	4		32.39	46.67	43.24
Starch.....g									
Minerals:									
Calcium, Ca.....mg	152		0		1		258	372	345
Iron, Fe.....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg.....mg	15		0		1		25	36	33
Phosphorus, P.....mg	119		0		1		203	293	271
Potassium, K.....mg	195		0		1		331	477	442
Sodium, Na.....mg	58		0		1		99	143	133
Zinc, Zn.....mg	0.74		0		1		1.26	1.81	1.68
Copper, Cu.....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn.....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se.....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.1	1.6	1.5
Thiamin.....mg	0.037		0		1		0.063	0.091	0.084
Riboflavin.....mg	0.178		0		1		0.303	0.436	0.404
Niacin.....mg	0.095		0		1		0.162	0.233	0.216
Pantothenic acid.....mg	0.489		0		1		0.831	1.198	1.110
Vitamin B-6.....mg	0.040		0		1		0.068	0.098	0.091
Folate, total.....µg	9		0		1		16	23	21
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9		0		1		16	23	21
Folate, DFE.....µg	9		0	NC	4		16	23	21
Choline, total.....mg	14.0		0	AS	1		23.9	34.4	31.9
Betaine.....mg	0.8		2	A	1		1.4	2.0	1.9
Vitamin B-12.....µg	0.47		0		1		0.79	1.14	1.06
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	10		0	NC	4		17	25	23
Retinol.....µg	10		0	T	4		17	25	23
Carotene, beta.....µg	2		0	BFFN	4		3	4	4
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	36		0	NC	4		62	89	82
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFFN	4		0.03	0.05	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		45	AS	1		2.2	3.2	3.0
Vitamin D.....IU	52	0.622	45	A	1		89	129	119
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4		0.1	0.2	0.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.697		0		1		1.185	1.708	1.582
4:0.....g	0.032	0.002	3		1		0.054	0.078	0.073
6:0.....g	0.022	0.001	3		1		0.037	0.054	0.050
8:0.....g	0.014	0.001	3		1		0.024	0.034	0.032
10:0.....g	0.031	0.002	3		1		0.053	0.076	0.070
12:0.....g	0.037	0.002	3		1		0.063	0.091	0.084
13:0.....g									
14:0.....g	0.114	0.006	3		1		0.194	0.279	0.259
15:0.....g									
16:0.....g	0.294	0.014	3		1		0.500	0.720	0.667
17:0.....g									
18:0.....g	0.105	0.005	3		1		0.179	0.257	0.238
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.297		0		1		0.505	0.728	0.674
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024	0.001	3		1		0.041	0.059	0.054
17:1.....g									
18:1 undifferentiated.....g	0.247	0.012	3		1		0.420	0.605	0.561
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.053	0.076	0.070
18:2 undifferentiated.....g	0.022	0.001	3		1		0.037	0.054	0.050
18:3 undifferentiated.....g	0.009	0.001	3		1		0.015	0.022	0.020
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		7	10	10
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.025		0		1		0.043	0.061	0.057
Threonine.....g	0.179		0		1		0.304	0.439	0.406
Isoleucine.....g	0.238		0		1		0.405	0.583	0.540
Leucine.....g	0.440		0		1		0.748	1.078	0.999
Lysine.....g	0.392		0		1		0.666	0.960	0.890
Methionine.....g	0.129		0		1		0.219	0.316	0.293
Cystine.....g	0.040		0		4		0.068	0.098	0.091
Phenylalanine.....g	0.238		0		1		0.405	0.583	0.540
Tyrosine.....g	0.221		0		1		0.376	0.541	0.502
Valine.....g	0.362		0		1		0.615	0.887	0.822
Arginine.....g	0.132		0		1		0.224	0.323	0.300
Histidine.....g	0.108		0		1		0.184	0.265	0.245
Alanine.....g	0.187		0		1		0.318	0.458	0.424
Aspartic acid.....g	0.347		0		1		0.590	0.850	0.788
Glutamic acid.....g	0.856		0		1		1.455	2.097	1.943
Glycine.....g	0.105		0		1		0.179	0.257	0.238
Proline.....g	0.518		0		1		0.881	1.269	1.176
Serine.....g	0.271		0		1		0.461	0.664	0.615
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01217
Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 245g: 1 cup (8 fl oz)
Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01122
Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.10		0.514	20		1	125.97	83.73	168.21
Energy.....kcal	105			0	NC	4	179	119	239
Energy.....kJ	440			0	NC	4	748	497	998
Protein (N x 6.38).....g	4.86		0.052	20		1	8.26	5.49	11.03
Total lipid (fat).....g	1.41		0.106	17		1	2.40	1.59	3.20
Ash.....g	1.03		0.034	12		1	1.75	1.16	2.34
Carbohydrate, by difference.....g	18.60			0	NC	4	31.62	21.02	42.22
Fiber, total dietary.....g	0.0			0		4	0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	169			0		1	287	191	383
Iron, Fe.....mg	0.07			0		1	0.12	0.08	0.16
Magnesium, Mg.....mg	16			0		1	28	18	37
Phosphorus, P.....mg	133			0		1	226	150	301
Potassium, K.....mg	216			0		1	368	244	491
Sodium, Na.....mg	65			0		1	110	73	147
Zinc, Zn.....mg	0.82			0		1	1.39	0.93	1.86
Copper, Cu.....mg	0.080			0		1	0.136	0.090	0.182
Manganese, Mn.....mg	0.065			0		1	0.111	0.073	0.148
Selenium, Se.....µg	3.1			0	BFNN	4	5.3	3.5	7.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7			0		1	1.3	0.8	1.7
Thiamin.....mg	0.041			0		1	0.070	0.046	0.093
Riboflavin.....mg	0.198			0		1	0.337	0.224	0.449
Niacin.....mg	0.105			0		1	0.179	0.119	0.238
Pantothenic acid.....mg	0.544			0		1	0.925	0.615	1.235
Vitamin B-6.....mg	0.045			0		1	0.077	0.051	0.102
Folate, total.....µg	10			0		1	18	12	24
Folic acid.....µg	0			0	Z	7	0	0	0
Folate, food.....µg	10			0		1	18	12	24
Folate, DFE.....µg	10			0	NC	4	18	12	24
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.52			0		1	0.88	0.59	1.18
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	60			0		1	102	68	136
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 01122

Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.909		0		1	1.545	1.027	2.063
4:0.....g	0.042	0.003	3		1	0.071	0.047	0.095
6:0.....g	0.029	0.002	3		1	0.049	0.033	0.066
8:0.....g	0.018	0.001	3		1	0.031	0.020	0.041
10:0.....g	0.040	0.003	3		1	0.068	0.045	0.091
12:0.....g	0.048	0.004	3		1	0.082	0.054	0.109
13:0.....g								
14:0.....g	0.149	0.011	3		1	0.253	0.168	0.338
15:0.....g								
16:0.....g	0.384	0.029	3		1	0.653	0.434	0.872
17:0.....g								
18:0.....g	0.137	0.010	3		1	0.233	0.155	0.311
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.387		0		1	0.658	0.437	0.878
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031	0.002	3		1	0.053	0.035	0.070
17:1.....g								
18:1 undifferentiated.....g	0.322	0.024	3		1	0.547	0.364	0.731
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.040		0		1	0.068	0.045	0.091
18:2 undifferentiated.....g	0.028	0.002	3		1	0.048	0.032	0.064
18:3 undifferentiated.....g	0.012	0.001	3		1	0.020	0.014	0.027
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0		1	9	6	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.027		0		1	0.046	0.031	0.061
Threonine.....g	0.200		0		1	0.340	0.226	0.454
Isoleucine.....g	0.265		0		1	0.451	0.299	0.602
Leucine.....g	0.490		0		1	0.833	0.554	1.112
Lysine.....g	0.436		0		1	0.741	0.493	0.990
Methionine.....g	0.143		0		1	0.243	0.162	0.325
Cystine.....g	0.044		0		4	0.075	0.050	0.100
Phenylalanine.....g	0.265		0		1	0.451	0.299	0.602
Tyrosine.....g	0.245		0		1	0.417	0.277	0.556
Valine.....g	0.402		0		1	0.683	0.454	0.913
Arginine.....g	0.146		0		1	0.248	0.165	0.331
Histidine.....g	0.120		0		1	0.204	0.136	0.272
Alanine.....g	0.208		0		1	0.354	0.235	0.472
Aspartic acid.....g	0.385		0		1	0.655	0.435	0.874
Glutamic acid.....g	0.951		0		1	1.617	1.075	2.159
Glycine.....g	0.117		0		1	0.199	0.132	0.266
Proline.....g	0.576		0		1	0.979	0.651	1.308
Serine.....g	0.301		0		1	0.512	0.340	0.683
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01122

Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Measure 2 = 113g: .5 container (4 oz)

Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Confidence Code				
									measures of food
Proximates:									
Water.....g	75.30	0.595	17		1	128.01	94.13	106.93	
Energy.....kcal	99		0	NC	4	169	124	141	
Energy.....kJ	415		0	NC	4	706	519	590	
Protein (N x 6.38).....g	3.98	0.030	19		1	6.77	4.98	5.65	
Total lipid (fat).....g	1.15	0.086	17		1	1.96	1.44	1.63	
Ash.....g	0.93	0.049	9		1	1.58	1.16	1.32	
Carbohydrate, by difference.....g	18.64		0	NC	4	31.69	23.30	26.47	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	18.64		0	NR	4	31.69	23.30	26.47	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		0		1	235	173	196	
Iron, Fe.....mg	0.06		0		1	0.10	0.08	0.09	
Magnesium, Mg.....mg	13		0		1	23	17	19	
Phosphorus, P.....mg	109		0		1	185	136	154	
Potassium, K.....mg	177		0		1	301	221	251	
Sodium, Na.....mg	53		0		1	90	67	76	
Zinc, Zn.....mg	0.67		0		1	1.14	0.84	0.95	
Copper, Cu.....mg	0.079		0		1	0.134	0.099	0.112	
Manganese, Mn.....mg	0.064		0		1	0.109	0.080	0.091	
Selenium, Se.....µg	2.8		0	BFFN	4	4.8	3.5	4.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1	1.0	0.8	0.9	
Thiamin.....mg	0.034		0		1	0.058	0.043	0.048	
Riboflavin.....mg	0.162		0		1	0.275	0.203	0.230	
Niacin.....mg	0.086		0		1	0.146	0.108	0.122	
Pantothenic acid.....mg	0.446		0		1	0.758	0.558	0.633	
Vitamin B-6.....mg	0.037		0		1	0.063	0.046	0.053	
Folate, total.....µg	9		0		1	14	11	12	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	9		0		1	14	11	12	
Folate, DFE.....µg	9		0	NC	4	14	11	12	
Choline, total.....mg	15.2		0	T	4	25.8	19.0	21.6	
Betaine.....mg									
Vitamin B-12.....µg	0.43		0		1	0.72	0.53	0.60	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	11		0	NC	4	19	14	16	
Retinol.....µg	11		0	T	4	19	14	16	
Carotene, beta.....µg	2		0	BFFN	4	3	2	3	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	40		0	NC	4	68	50	56	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFFN	4	0.04	0.03	0.03	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1	0.0	0.0	0.0	
Vitamin D.....IU	1		0	BFFN	4	1	1	1	
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4	0.1	0.1	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.742		0		1		1.261	0.928	1.054
4:0.....g	0.034	0.003	3		1		0.058	0.043	0.048
6:0.....g	0.023	0.002	3		1		0.039	0.029	0.033
8:0.....g	0.015	0.001	3		1		0.026	0.019	0.021
10:0.....g	0.033	0.003	3		1		0.056	0.041	0.047
12:0.....g	0.039	0.003	3		1		0.066	0.049	0.055
13:0.....g									
14:0.....g	0.121	0.009	3		1		0.206	0.151	0.172
15:0.....g									
16:0.....g	0.313	0.024	3		1		0.532	0.391	0.444
17:0.....g									
18:0.....g	0.112	0.008	3		1		0.190	0.140	0.159
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.316		0		1		0.537	0.395	0.449
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025	0.002	3		1		0.043	0.031	0.036
17:1.....g									
18:1 undifferentiated.....g	0.263	0.020	3		1		0.447	0.329	0.373
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.056	0.041	0.047
18:2 undifferentiated.....g	0.023	0.002	3		1		0.039	0.029	0.033
18:3 undifferentiated.....g	0.010	0.001	3		1		0.017	0.013	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		8	6	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.037	0.028	0.031
Threonine.....g	0.163		0		1		0.277	0.204	0.231
Isoleucine.....g	0.217		0		1		0.369	0.271	0.308
Leucine.....g	0.401		0		1		0.682	0.501	0.569
Lysine.....g	0.357		0		1		0.607	0.446	0.507
Methionine.....g	0.117		0		1		0.199	0.146	0.166
Cystine.....g	0.036		0		4		0.061	0.045	0.051
Phenylalanine.....g	0.217		0		1		0.369	0.271	0.308
Tyrosine.....g	0.201		0		1		0.342	0.251	0.285
Valine.....g	0.329		0		1		0.559	0.411	0.467
Arginine.....g	0.120		0		1		0.204	0.150	0.170
Histidine.....g	0.099		0		1		0.168	0.124	0.141
Alanine.....g	0.170		0		1		0.289	0.213	0.241
Aspartic acid.....g	0.316		0		1		0.537	0.395	0.449
Glutamic acid.....g	0.779		0		1		1.324	0.974	1.106
Glycine.....g	0.096		0		1		0.163	0.120	0.136
Proline.....g	0.472		0		1		0.802	0.590	0.670
Serine.....g	0.246		0		1		0.418	0.308	0.349
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 170g: 1 container (6 oz)
- Measure 2 = 125g: 1 container (4.4 oz)
- Measure 3 = 142g: 1 container (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.30	0.595	17		1		128.01	94.13	106.93
Energy.....kcal	99		0	NC	4		169	124	141
Energy.....kJ	415		0	NC	4		706	519	590
Protein (N x 6.38).....g	3.98	0.030	19		1		6.77	4.98	5.65
Total lipid (fat).....g	1.15	0.086	17		1		1.96	1.44	1.63
Ash.....g	0.93	0.049	9		1		1.58	1.16	1.32
Carbohydrate, by difference.....g	18.64		0	NC	4		31.69	23.30	26.47
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	18.64		0	NR	4		31.69	23.30	26.47
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		0		1		235	173	196
Iron, Fe.....mg	0.06		0		1		0.10	0.08	0.09
Magnesium, Mg.....mg	13		0		1		23	17	19
Phosphorus, P.....mg	109		0		1		185	136	154
Potassium, K.....mg	177		0		1		301	221	251
Sodium, Na.....mg	53		0		1		90	67	76
Zinc, Zn.....mg	0.67		0		1		1.14	0.84	0.95
Copper, Cu.....mg	0.079		0		1		0.134	0.099	0.112
Manganese, Mn.....mg	0.064		0		1		0.109	0.080	0.091
Selenium, Se.....µg	2.8		0	BFFN	4		4.8	3.5	4.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		1.0	0.8	0.9
Thiamin.....mg	0.034		0		1		0.058	0.043	0.048
Riboflavin.....mg	0.162		0		1		0.275	0.203	0.230
Niacin.....mg	0.086		0		1		0.146	0.108	0.122
Pantothenic acid.....mg	0.446		0		1		0.758	0.558	0.633
Vitamin B-6.....mg	0.037		0		1		0.063	0.046	0.053
Folate, total.....µg	9		0		1		14	11	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9		0		1		14	11	12
Folate, DFE.....µg	9		0	NC	4		14	11	12
Choline, total.....mg	15.2		0	T	4		25.8	19.0	21.6
Betaine.....mg									
Vitamin B-12.....µg	0.43		0		1		0.72	0.53	0.60
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	11		0	NC	4		19	14	16
Retinol.....µg	11		0	T	4		19	14	16
Carotene, beta.....µg	2		0	BFFN	4		3	2	3
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	40		0	NC	4		68	50	56
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFFN	4		0.04	0.03	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		45	AS	1		2.2	1.6	1.9
Vitamin D.....IU	52	0.622	45	A	1		89	66	75
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4		0.1	0.1	0.1
Dihydrophyllquinone.....µg									

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.742		0		1		1.261	0.928	1.054
4:0.....g	0.034	0.003	3		1		0.058	0.043	0.048
6:0.....g	0.023	0.002	3		1		0.039	0.029	0.033
8:0.....g	0.015	0.001	3		1		0.026	0.019	0.021
10:0.....g	0.033	0.003	3		1		0.056	0.041	0.047
12:0.....g	0.039	0.003	3		1		0.066	0.049	0.055
13:0.....g									
14:0.....g	0.121	0.009	3		1		0.206	0.151	0.172
15:0.....g									
16:0.....g	0.313	0.024	3		1		0.532	0.391	0.444
17:0.....g									
18:0.....g	0.112	0.008	3		1		0.190	0.140	0.159
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.316		0		1		0.537	0.395	0.449
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025	0.002	3		1		0.043	0.031	0.036
17:1.....g									
18:1 undifferentiated.....g	0.263	0.020	3		1		0.447	0.329	0.373
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.056	0.041	0.047
18:2 undifferentiated.....g	0.023	0.002	3		1		0.039	0.029	0.033
18:3 undifferentiated.....g	0.010	0.001	3		1		0.017	0.013	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		8	6	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.037	0.028	0.031
Threonine.....g	0.163		0		1		0.277	0.204	0.231
Isoleucine.....g	0.217		0		1		0.369	0.271	0.308
Leucine.....g	0.401		0		1		0.682	0.501	0.569
Lysine.....g	0.357		0		1		0.607	0.446	0.507
Methionine.....g	0.117		0		1		0.199	0.146	0.166
Cystine.....g	0.036		0		4		0.061	0.045	0.051
Phenylalanine.....g	0.217		0		1		0.369	0.271	0.308
Tyrosine.....g	0.201		0		1		0.342	0.251	0.285
Valine.....g	0.329		0		1		0.559	0.411	0.467
Arginine.....g	0.120		0		1		0.204	0.150	0.170
Histidine.....g	0.099		0		1		0.168	0.124	0.141
Alanine.....g	0.170		0		1		0.289	0.213	0.241
Aspartic acid.....g	0.316		0		1		0.537	0.395	0.449
Glutamic acid.....g	0.779		0		1		1.324	0.974	1.106
Glycine.....g	0.096		0		1		0.163	0.120	0.136
Proline.....g	0.472		0		1		0.802	0.590	0.670
Serine.....g	0.246		0		1		0.418	0.308	0.349
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01216
Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 170g: 1 container (6 oz)
- Measure 2 = 125g: 1 container (4.4 oz)
- Measure 3 = 142g: 1 container (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, fruit, low fat, with low calorie sweetener

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number of Data Points		Deriv Code	Source Code	Confidence Code		Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	74.10	0.514	20		1		125.97	181.55	168.21
Energy.....kcal	105		0	NC	4		179	258	239
Energy.....kJ	440		0	NC	4		748	1078	998
Protein (N x 6.38).....g	4.86	0.052	20		1		8.26	11.91	11.03
Total lipid (fat).....g	1.41	0.106	17		1		2.40	3.45	3.20
Ash.....g	1.03	0.034	12		1		1.75	2.52	2.34
Carbohydrate, by difference.....g	18.60		0	NC	4		31.62	45.57	42.22
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	2.90		0	O	4		4.93	7.11	6.58
Starch.....g									
Minerals:									
Calcium, Ca.....mg	152		0		4		258	372	345
Iron, Fe.....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg.....mg	16		0		1		28	40	37
Phosphorus, P.....mg	133		0		1		226	325	301
Potassium, K.....mg	194		0		4		330	475	440
Sodium, Na.....mg	58		0		4		99	142	132
Zinc, Zn.....mg	0.82		0		1		1.39	2.01	1.86
Copper, Cu.....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn.....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se.....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.3	1.8	1.7
Thiamin.....mg	0.041		0		1		0.070	0.100	0.093
Riboflavin.....mg	0.180		0		4		0.306	0.441	0.409
Niacin.....mg	0.105		0		1		0.179	0.257	0.238
Pantothenic acid.....mg	0.544		0		1		0.925	1.333	1.235
Vitamin B-6.....mg	0.045		0		1		0.077	0.110	0.102
Folate, total.....µg	10		0		1		18	25	24
Folic acid.....µg	0		0	BFNN	4		0	0	0
Folate, food.....µg	10		0	NR	4		17	25	23
Folate, DFE.....µg	10		0	NC	4		17	25	23
Choline, total.....mg	15.2		0	T	4		25.8	37.2	34.5
Betaine.....mg									
Vitamin B-12.....µg	0.52		0		1		0.88	1.27	1.18
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	131		0	NC	4		223	322	298
Retinol.....µg	131		0	T	4		223	321	297
Carotene, beta.....µg	4		0	BFNN	4		6	9	8
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	443		0	NC	4		752	1084	1005
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFNN	4		0.10	0.15	0.14
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg					</				

NDB No. 01203

Yogurt, fruit, lowfat, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.909		0		1		1.545	2.227	2.063
4:0.....g	0.042	0.003	3		1		0.071	0.103	0.095
6:0.....g	0.029	0.002	3		1		0.049	0.071	0.066
8:0.....g	0.018	0.001	3		1		0.031	0.044	0.041
10:0.....g	0.040	0.003	3		1		0.068	0.098	0.091
12:0.....g	0.048	0.004	3		1		0.082	0.118	0.109
13:0.....g									
14:0.....g	0.149	0.011	3		1		0.253	0.365	0.338
15:0.....g									
16:0.....g	0.384	0.029	3		1		0.653	0.941	0.872
17:0.....g									
18:0.....g	0.137	0.010	3		1		0.233	0.336	0.311
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.387		0		1		0.658	0.948	0.878
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031	0.002	3		1		0.053	0.076	0.070
17:1.....g									
18:1 undifferentiated.....g	0.322	0.024	3		1		0.547	0.789	0.731
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.068	0.098	0.091
18:2 undifferentiated.....g	0.028	0.002	3		1		0.048	0.069	0.064
18:3 undifferentiated.....g	0.012	0.001	3		1		0.020	0.029	0.027
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		9	13	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.046	0.066	0.061
Threonine.....g	0.200		0		1		0.340	0.490	0.454
Isoleucine.....g	0.265		0		1		0.451	0.649	0.602
Leucine.....g	0.490		0		1		0.833	1.201	1.112
Lysine.....g	0.436		0		1		0.741	1.068	0.990
Methionine.....g	0.143		0		1		0.243	0.350	0.325
Cystine.....g	0.044		0		4		0.075	0.108	0.100
Phenylalanine.....g	0.265		0		1		0.451	0.649	0.602
Tyrosine.....g	0.245		0		1		0.417	0.600	0.556
Valine.....g	0.402		0		1		0.683	0.985	0.913
Arginine.....g	0.146		0		1		0.248	0.358	0.331
Histidine.....g	0.120		0		1		0.204	0.294	0.272
Alanine.....g	0.208		0		1		0.354	0.510	0.472
Aspartic acid.....g	0.385		0		1		0.655	0.943	0.874
Glutamic acid.....g	0.951		0		1		1.617	2.330	2.159
Glycine.....g	0.117		0		1		0.199	0.287	0.266
Proline.....g	0.576		0		1		0.979	1.411	1.308
Serine.....g	0.301		0		1		0.512	0.737	0.683
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 245g: 1 cup (8 fl oz)
Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Proximates:									
Water.....g	74.10	0.514	20		1		125.97	181.55	168.21
Energy.....kcal	105		0	NC	4		179	258	239
Energy.....kJ	440		0	NC	4		748	1078	998
Protein (N x 6.38).....g	4.86	0.052	20		1		8.26	11.91	11.03
Total lipid (fat).....g	1.41	0.106	17		1		2.40	3.45	3.20
Ash.....g	1.03	0.034	12		1		1.75	2.52	2.34
Carbohydrate, by difference.....g	18.60		0	NC	4		31.62	45.57	42.22
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	2.90		0	O	4		4.93	7.11	6.58
Starch.....g									
Minerals:									
Calcium, Ca.....mg	152		0		4		258	372	345
Iron, Fe.....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg.....mg	16		0		1		28	40	37
Phosphorus, P.....mg	133		0		1		226	325	301
Potassium, K.....mg	194		0		4		330	475	440
Sodium, Na.....mg	58		0		4		99	142	132
Zinc, Zn.....mg	0.82		0		1		1.39	2.01	1.86
Copper, Cu.....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn.....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se.....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.3	1.8	1.7
Thiamin.....mg	0.041		0		1		0.070	0.100	0.093
Riboflavin.....mg	0.180		0		4		0.306	0.441	0.409
Niacin.....mg	0.105		0		1		0.179	0.257	0.238
Pantothenic acid.....mg	0.544		0		1		0.925	1.333	1.235
Vitamin B-6.....mg	0.045		0		1		0.077	0.110	0.102
Folate, total.....µg	10		0		1		18	25	24
Folic acid.....µg	0		0	BFNN	4		0	0	0
Folate, food.....µg	10		0	NR	4		17	25	23
Folate, DFE.....µg	10		0	NC	4		17	25	23
Choline, total.....mg	15.2		0	T	4		25.8	37.2	34.5
Betaine.....mg									
Vitamin B-12.....µg	0.52		0		1		0.88	1.27	1.18
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	131		0	NC	4		223	322	298
Retinol.....µg	131		0	T	4		223	321	297
Carotene, beta.....µg	4		0	BFNN	4		6	9	8
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	443		0	NC	4		752	1084	1005
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFNN	4		0.10	0.15	0.14
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		45	AS	1		2.2	3.2	3.0
Vitamin D.....IU	52	0.622	45	A	1		89	129	119
Vitamin K (phylloquinone).....µg	1.2		0	BFNN	4		2.0	2.8	2.6
Dihydrophylloquinone.....µg					</				

NDB No. 01219

Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lipids:								
Fatty acids, total saturated.....g	0.909		0		1	1.545	2.227	2.063
4:0.....g	0.042	0.003	3		1	0.071	0.103	0.095
6:0.....g	0.029	0.002	3		1	0.049	0.071	0.066
8:0.....g	0.018	0.001	3		1	0.031	0.044	0.041
10:0.....g	0.040	0.003	3		1	0.068	0.098	0.091
12:0.....g	0.048	0.004	3		1	0.082	0.118	0.109
13:0.....g								
14:0.....g	0.149	0.011	3		1	0.253	0.365	0.338
15:0.....g								
16:0.....g	0.384	0.029	3		1	0.653	0.941	0.872
17:0.....g								
18:0.....g	0.137	0.010	3		1	0.233	0.336	0.311
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.387		0		1	0.658	0.948	0.878
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031	0.002	3		1	0.053	0.076	0.070
17:1.....g								
18:1 undifferentiated.....g	0.322	0.024	3		1	0.547	0.789	0.731
20:1.....g	0.000		0		4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.040		0		1	0.068	0.098	0.091
18:2 undifferentiated.....g	0.028	0.002	3		1	0.048	0.069	0.064
18:3 undifferentiated.....g	0.012	0.001	3		1	0.020	0.029	0.027
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0		1	9	13	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.027		0		1	0.046	0.066	0.061
Threonine.....g	0.200		0		1	0.340	0.490	0.454
Isoleucine.....g	0.265		0		1	0.451	0.649	0.602
Leucine.....g	0.490		0		1	0.833	1.201	1.112
Lysine.....g	0.436		0		1	0.741	1.068	0.990
Methionine.....g	0.143		0		1	0.243	0.350	0.325
Cystine.....g	0.044		0		4	0.075	0.108	0.100
Phenylalanine.....g	0.265		0		1	0.451	0.649	0.602
Tyrosine.....g	0.245		0		1	0.417	0.600	0.556
Valine.....g	0.402		0		1	0.683	0.985	0.913
Arginine.....g	0.146		0		1	0.248	0.358	0.331
Histidine.....g	0.120		0		1	0.204	0.294	0.272
Alanine.....g	0.208		0		1	0.354	0.510	0.472
Aspartic acid.....g	0.385		0		1	0.655	0.943	0.874
Glutamic acid.....g	0.951		0		1	1.617	2.330	2.159
Glycine.....g	0.117		0		1	0.199	0.287	0.266
Proline.....g	0.576		0		1	0.979	1.411	1.308
Serine.....g	0.301		0		1	0.512	0.737	0.683
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 01219
Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 245g: 1 cup (8 fl oz)
Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
						measures of food			
	Number								
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.07	0.304	28		1		144.62	193.11	96.13
Energy.....kcal	63		0	NC	4		108	144	72
Energy.....kJ	265		0	NC	4		450	601	299
Protein (N x 6.38).....g	5.25	0.104	30		1		8.93	11.92	5.93
Total lipid (fat).....g	1.55	0.072	38		1		2.64	3.52	1.75
Ash.....g	1.09	0.034	16		1		1.85	2.47	1.23
Carbohydrate, by difference.....g	7.04		0	NC	4		11.97	15.98	7.96
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	7.04		0	NR	4		11.97	15.98	7.96
Starch.....g									
Minerals:									
Calcium, Ca.....mg	183	5.716	14		1		310	415	206
Iron, Fe.....mg	0.08	0.008	4		1		0.14	0.18	0.09
Magnesium, Mg.....mg	17	1.036	4		1		30	40	20
Phosphorus, P.....mg	144	5.951	16		1		244	326	162
Potassium, K.....mg	234		7		1		397	531	264
Sodium, Na.....mg	70		9		1		119	159	79
Zinc, Zn.....mg	0.89	0.102	12		1		1.51	2.02	1.01
Copper, Cu.....mg	0.013		0		1		0.022	0.030	0.015
Manganese, Mn.....mg	0.004		0		1		0.007	0.009	0.005
Selenium, Se.....µg	3.3	0.332	17	A	1		5.6	7.5	3.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.199	8		1		1.4	1.8	0.9
Thiamin.....mg	0.044	0.002	26		1		0.075	0.100	0.050
Riboflavin.....mg	0.214	0.009	11		1		0.364	0.486	0.242
Niacin.....mg	0.114		2		1		0.194	0.259	0.129
Pantothenic acid.....mg	0.591	0.052	9		1		1.005	1.342	0.668
Vitamin B-6.....mg	0.049	0.008	10		1		0.083	0.111	0.055
Folate, total.....µg	11	1.300	4		1		19	25	13
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	11	1.300	4		1		19	25	13
Folate, DFE.....µg	11		0	NC	4		19	25	13
Choline, total.....mg	15.2		0	AS	1		25.8	34.5	17.2
Betaine.....mg	0.9		2	A	1		1.4	1.9	1.0
Vitamin B-12.....µg	0.56	0.054	8		1		0.96	1.28	0.64
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	14		0	NC	4		24	32	16
Retinol.....µg	14		0	T	4		24	32	16
Carotene, beta.....µg	2		0	BFFN	4		4	6	3
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	51		0	NC	4		86	115	57
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFFN	4		0.05	0.06	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.1	0.0
Vitamin D.....IU	1		0	BFFN	4		2	3	1
Vitamin K (phylloquinone).....µg	0.2	0							

NDB No. 01117

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	1.000		0		1		1.700	2.270	1.130
4:0.....g	0.046	0.002	3		1		0.078	0.104	0.052
6:0.....g	0.032	0.002	3		1		0.054	0.073	0.036
8:0.....g	0.020	0.001	3		1		0.034	0.045	0.023
10:0.....g	0.044	0.002	3		1		0.075	0.100	0.050
12:0.....g	0.053	0.003	3		1		0.090	0.120	0.060
13:0.....g									
14:0.....g	0.163	0.008	3		1		0.277	0.370	0.184
15:0.....g									
16:0.....g	0.422	0.020	3		1		0.717	0.958	0.477
17:0.....g									
18:0.....g	0.151	0.007	3		1		0.257	0.343	0.171
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.426		0		1		0.724	0.967	0.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034	0.002	3		1		0.058	0.077	0.038
17:1.....g									
18:1 undifferentiated.....g	0.354	0.017	3		1		0.602	0.804	0.400
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.075	0.100	0.050
18:2 undifferentiated.....g	0.031	0.001	3		1		0.053	0.070	0.035
18:3 undifferentiated.....g	0.013	0.001	3		1		0.022	0.030	0.015
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.589	5		1		10	14	7
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.051	0.068	0.034
Threonine.....g	0.216		0		1		0.367	0.490	0.244
Isoleucine.....g	0.286		0		1		0.486	0.649	0.323
Leucine.....g	0.529		0		1		0.899	1.201	0.598
Lysine.....g	0.471		0		1		0.801	1.069	0.532
Methionine.....g	0.155		0		1		0.264	0.352	0.175
Cystine.....g	0.048		0		4		0.082	0.109	0.054
Phenylalanine.....g	0.286		0		1		0.486	0.649	0.323
Tyrosine.....g	0.265		0		1		0.451	0.602	0.299
Valine.....g	0.434		0		1		0.738	0.985	0.490
Arginine.....g	0.158		0		1		0.269	0.359	0.179
Histidine.....g	0.130		0		1		0.221	0.295	0.147
Alanine.....g	0.225		0		1		0.383	0.511	0.254
Aspartic acid.....g	0.416		0		1		0.707	0.944	0.470
Glutamic acid.....g	1.028		0		1		1.748	2.334	1.162
Glycine.....g	0.127		0		1		0.216	0.288	0.144
Proline.....g	0.622		0		1		1.057	1.412	0.703
Serine.....g	0.325		0		1		0.553	0.738	0.367
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01117

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01118
Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code
Proximates:									
Water.....g	85.23		0		1	144.89	193.47	208.81	
Energy.....kcal	56		0	NC	4	95	127	137	
Energy.....kJ	233		0	NC	4	397	530	572	
Protein (N x 6.38).....g	5.73		0		1	9.74	13.01	14.04	
Total lipid (fat).....g	0.18		0		1	0.31	0.41	0.44	
Ash.....g	1.18		0		1	2.01	2.68	2.89	
Carbohydrate, by difference.....g	7.68		0	NC	4	13.06	17.43	18.82	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	7.68		0	NR	4	13.06	17.43	18.82	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	199		0		1	338	452	488	
Iron, Fe.....mg	0.09		0		1	0.15	0.20	0.22	
Magnesium, Mg.....mg	19		0		1	32	43	47	
Phosphorus, P.....mg	157		0		1	266	355	383	
Potassium, K.....mg	255		0		1	433	579	625	
Sodium, Na.....mg	77		0		1	130	174	187	
Zinc, Zn.....mg	0.97		0		1	1.65	2.20	2.38	
Copper, Cu.....mg	0.015		0		1	0.026	0.034	0.037	
Manganese, Mn.....mg	0.005		0		1	0.009	0.011	0.012	
Selenium, Se.....µg	3.6		0	BFNN	4	6.1	8.2	8.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1	1.5	2.0	2.1	
Thiamin.....mg	0.048		0		1	0.082	0.109	0.118	
Riboflavin.....mg	0.234		0		1	0.398	0.531	0.573	
Niacin.....mg	0.124		0		1	0.211	0.281	0.304	
Pantothenic acid.....mg	0.641		0		1	1.090	1.455	1.570	
Vitamin B-6.....mg	0.053		0		1	0.090	0.120	0.130	
Folate, total.....µg	12		0		1	21	28	30	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	12		0		1	21	28	30	
Folate, DFE.....µg	12		0	NC	4	21	28	30	
Choline, total.....mg	15.2		0	T	4	25.8	34.5	37.2	
Betaine.....mg									
Vitamin B-12.....µg	0.61		0		1	1.04	1.39	1.50	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	2		0	NC	4	3	5	5	
Retinol.....µg	2		0	T	4	3	5	5	
Carotene, beta.....µg	0		0	BFFN	4	0	1	1	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	7		0	NC	4	12	16	18	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFFN	4	0.01	0.01	0.01	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.2	0.120	9	A	1	0.4	0.5	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01118
Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			
<u>Lipids:</u>								
Fatty acids, total saturated.....g	0.116		0		1	0.197	0.263	0.284
4:0.....g	0.005		3		1	0.009	0.011	0.012
6:0.....g	0.004		3		1	0.007	0.009	0.010
8:0.....g	0.002		3		1	0.003	0.005	0.005
10:0.....g	0.005		3		1	0.009	0.011	0.012
12:0.....g	0.006		3		1	0.010	0.014	0.015
13:0.....g								
14:0.....g	0.019		3		1	0.032	0.043	0.047
15:0.....g								
16:0.....g	0.049		3		1	0.083	0.111	0.120
17:0.....g								
18:0.....g	0.018		3		1	0.031	0.041	0.044
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.049		0		1	0.083	0.111	0.120
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		3		1	0.007	0.009	0.010
17:1.....g								
18:1 undifferentiated.....g	0.041		3		1	0.070	0.093	0.100
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.005		0		1	0.009	0.011	0.012
18:2 undifferentiated.....g	0.004		3		1	0.007	0.009	0.010
18:3 undifferentiated.....g	0.001		3		1	0.002	0.002	0.002
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0		1	3	4	4
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.032		0		1	0.054	0.073	0.078
Threonine.....g	0.235		0		1	0.400	0.533	0.576
Isoleucine.....g	0.313		0		1	0.532	0.711	0.767
Leucine.....g	0.577		0		1	0.981	1.310	1.414
Lysine.....g	0.514		0		1	0.874	1.167	1.259
Methionine.....g	0.169		0		1	0.287	0.384	0.414
Cystine.....g	0.052		0		4	0.088	0.118	0.127
Phenylalanine.....g	0.313		0		1	0.532	0.711	0.767
Tyrosine.....g	0.289		0		1	0.491	0.656	0.708
Valine.....g	0.474		0		1	0.806	1.076	1.161
Arginine.....g	0.172		0		1	0.292	0.390	0.421
Histidine.....g	0.142		0		1	0.241	0.322	0.348
Alanine.....g	0.245		0		1	0.417	0.556	0.600
Aspartic acid.....g	0.454		0		1	0.772	1.031	1.112
Glutamic acid.....g	1.122		0		1	1.907	2.547	2.749
Glycine.....g	0.138		0		1	0.235	0.313	0.338
Proline.....g	0.679		0		1	1.154	1.541	1.664
Serine.....g	0.355		0		1	0.604	0.806	0.870
Hydroxyproline.....g								
<u>Others:</u>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 01118
Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 227g: 1 container (8 oz)
Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.90		0		1		149.43	199.53	99.33
Energy.....kcal	61		0	NC	4		104	139	69
Energy.....kJ	257		0	NC	4		437	583	290
Protein (N x 6.38).....g	3.47		0		1		5.90	7.88	3.92
Total lipid (fat).....g	3.25		0		1		5.53	7.38	3.67
Ash.....g	0.72		0		1		1.22	1.63	0.81
Carbohydrate, by difference.....g	4.66		0	NC	4		7.92	10.58	5.27
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	4.66		0	NR	4		7.92	10.58	5.27
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		0		1		205	274	136
Iron, Fe.....mg	0.05		0		1		0.09	0.11	0.06
Magnesium, Mg.....mg	12		0		1		20	26	13
Phosphorus, P.....mg	95		0		1		161	215	107
Potassium, K.....mg	155		0		1		263	351	175
Sodium, Na.....mg	46		0		1		79	105	52
Zinc, Zn.....mg	0.59		0		1		1.00	1.34	0.67
Copper, Cu.....mg	0.009		0		1		0.015	0.020	0.010
Manganese, Mn.....mg	0.004		0		1		0.007	0.009	0.005
Selenium, Se.....µg	2.2		0	BFFN	4		3.7	5.0	2.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.9	1.2	0.6
Thiamin.....mg	0.029		0		1		0.049	0.066	0.033
Riboflavin.....mg	0.142		0		1		0.241	0.322	0.160
Niacin.....mg	0.075		0		1		0.128	0.170	0.085
Pantothenic acid.....mg	0.389		0		1		0.661	0.883	0.440
Vitamin B-6.....mg	0.032		0		1		0.054	0.073	0.036
Folate, total.....µg	7		0		1		13	17	8
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7		0		1		13	17	8
Folate, DFE.....µg	7		0	NC	4		13	17	8
Choline, total.....mg	15.2		0	T	4		25.8	34.5	17.2
Betaine.....mg									
Vitamin B-12.....µg	0.37		0		1		0.63	0.84	0.42
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	27		0	NC	4		47	62	31
Retinol.....µg	27		0	T	4		46	61	31
Carotene, beta.....µg	5		0	BFFN	4		9	12	6
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	99		0	NC	4		168	224	111
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFFN	4		0.10	0.13	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.1	0.1	0.1
Vitamin D.....IU	2		0	BFFN	4		4	5	3
Vitamin K (phylloquinone).....µg	0.2		0	BFFN	4		0.4	0.5	0.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.096		0		1		3.563	4.758	2.368
4:0.....g	0.096		3		1		0.163	0.218	0.108
6:0.....g	0.066		3		1		0.112	0.150	0.075
8:0.....g	0.042		3		1		0.071	0.095	0.047
10:0.....g	0.093		3		1		0.158	0.211	0.105
12:0.....g	0.111		3		1		0.189	0.252	0.125
13:0.....g									
14:0.....g	0.343		3		1		0.583	0.779	0.388
15:0.....g									
16:0.....g	0.886		3		1		1.506	2.011	1.001
17:0.....g									
18:0.....g	0.317		3		1		0.539	0.720	0.358
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.893		0		1		1.518	2.027	1.009
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		3		1		0.121	0.161	0.080
17:1.....g									
18:1 undifferentiated.....g	0.743		3		1		1.263	1.687	0.840
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0		1		0.156	0.209	0.104
18:2 undifferentiated.....g	0.065		3		1		0.111	0.148	0.073
18:3 undifferentiated.....g	0.027		3		1		0.046	0.061	0.031
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0		1		22	29	14
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.034	0.045	0.023
Threonine.....g	0.142		0		1		0.241	0.322	0.160
Isoleucine.....g	0.189		0		1		0.321	0.429	0.214
Leucine.....g	0.350		0		1		0.595	0.795	0.396
Lysine.....g	0.311		0		1		0.529	0.706	0.351
Methionine.....g	0.102		0		1		0.173	0.232	0.115
Cystine.....g	0.032		0		4		0.054	0.073	0.036
Phenylalanine.....g	0.189		0		1		0.321	0.429	0.214
Tyrosine.....g	0.175		0		1		0.298	0.397	0.198
Valine.....g	0.287		0		1		0.488	0.651	0.324
Arginine.....g	0.104		0		1		0.177	0.236	0.118
Histidine.....g	0.086		0		1		0.146	0.195	0.097
Alanine.....g	0.148		0		1		0.252	0.336	0.167
Aspartic acid.....g	0.275		0		1		0.468	0.624	0.311
Glutamic acid.....g	0.679		0		1		1.154	1.541	0.767
Glycine.....g	0.084		0		1		0.143	0.191	0.095
Proline.....g	0.411		0		1		0.699	0.933	0.464
Serine.....g	0.215		0		1		0.366	0.488	0.243
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 227g: 1 container (8 oz)
Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units			Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
<u>Proximates:</u>									
Water.....g	79.00		0	RA	4		134.30		
Energy.....kcal	86		0	NC	4		146		
Energy.....kJ	361		0	NC	4		614		
Protein.....g	4.93		0	RA	4		8.38		
Total lipid (fat).....g	1.25		0	RA	4		2.13		
Ash.....g	1.02		0	RA	4		1.73		
Carbohydrate, by difference.....g	13.80		0	RA	4		23.46		
Fiber, total dietary.....g	0.0		0	RA	4		0.0		
Sugars, total.....g	5.43		0	O	4		9.23		
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	171		0	RA	4		291		
Iron, Fe.....mg	0.07		0	RA	4		0.12		
Magnesium, Mg.....mg	16		0	RA	4		28		
Phosphorus, P.....mg	135		0	RA	4		229		
Potassium, K.....mg	219		0	RA	4		373		
Sodium, Na.....mg	66		0	RA	4		112		
Zinc, Zn.....mg	0.83		0	RA	4		1.41		
Copper, Cu.....mg	0.013		0	RA	4		0.022		
Manganese, Mn.....mg	0.004		0	RA	4		0.007		
Selenium, Se.....µg	4.9		0	RA	4		8.3		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid.....mg	0.8		0	RA	4		1.3		
Thiamin.....mg	0.042		0	RA	4		0.071		
Riboflavin.....mg	0.201		0	RA	4		0.342		
Niacin.....mg	0.107		0	RA	4		0.182		
Pantothenic acid.....mg	0.552		0	RA	4		0.938		
Vitamin B-6.....mg	0.045		0	RA	4		0.077		
Folate, total.....µg	11		0	RA	4		18		
Folic acid.....µg	0		0	RA	4		0		
Folate, food.....µg	11		0	RA	4		18		
Folate, DFE.....µg	11		0	NC	4		18		
Choline, total.....mg	15.2		0	RA	4		25.8		
Betaine.....mg									
Vitamin B-12.....µg	0.53		0	RA	4		0.90		
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE.....µg	12		0	RA	4		21		
Retinol.....µg	12		0	RA	4		20		
Carotene, beta.....µg	2		0	RA	4		3		
Carotene, alpha.....µg	0		0	RA	4		0		
Cryptoxanthin, beta.....µg	0		0	RA	4		0		
Vitamin A, IU.....IU	43		0	RA	4		74		
Lycopene.....µg	0		0	RA	4		0		
Lutein + zeaxanthin.....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.02		0	RA	4		0.04		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0		

NDB No. 01231

Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv	Source	Confidence			
			Code	Code	Code			
Lipids:								
Fatty acids, total saturated.....g	0.752		0	RA	4	1.278		
4:0.....g	0.037		0	RA	4	0.063		
6:0.....g	0.025		0	RA	4	0.043		
8:0.....g	0.016		0	RA	4	0.027		
10:0.....g	0.036		0	RA	4	0.061		
12:0.....g	0.043		0	RA	4	0.073		
13:0.....g								
14:0.....g	0.132		0	RA	4	0.224		
15:0.....g								
16:0.....g	0.341		0	RA	4	0.580		
17:0.....g								
18:0.....g	0.122		0	RA	4	0.207		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.313		0	RA	4	0.532		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.027		0	RA	4	0.046		
17:1.....g								
18:1 undifferentiated.....g	0.286		0	RA	4	0.486		
20:1.....g	0.000		0	RA	4	0.000		
22:1 undifferentiated.....g	0.000		0	RA	4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.035		0	RA	4	0.060		
18:2 undifferentiated.....g	0.025		0	RA	4	0.043		
18:3 undifferentiated.....g	0.010		0	RA	4	0.017		
18:4.....g	0.000		0	RA	4	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	RA	4	0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	RA	4	8		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0		
Caffeine.....mg	0		0	RA	4	0		
Theobromine.....mg	0		0	RA	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Number of Data Points		Deriv Code	Source Code	Confidence Code		Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	87.43		0		4		148.63		
Energy.....kcal	43		0	LC	8		73		
Energy.....kJ	180		0	LC	8		306		
Protein.....g	3.86		0	LC	8		6.56		
Total lipid (fat).....g	0.18		0	BFZN	4		0.31		
Ash.....g	1.00		0	BFZN	4		1.70		
Carbohydrate, by difference.....g	7.50		0	LC	8		12.75		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	7.50		0	NR	4		12.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		0	LC	8		243		
Iron, Fe.....mg	0.12		0	LC	8		0.20		
Magnesium, Mg.....mg	13		0	BFZN	4		22		
Phosphorus, P.....mg	109		0	BFZN	4		185		
Potassium, K.....mg	177		0	BFZN	4		301		
Sodium, Na.....mg	59		0	LC	8		100		
Zinc, Zn.....mg	0.67		0	BFZN	4		1.14		
Copper, Cu.....mg	0.079		0	BFZN	4		0.134		
Manganese, Mn.....mg									
Selenium, Se.....µg	3.1		0	BFNN	4		5.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0	LC	8		1.9		
Thiamin.....mg	0.034		0	BFZN	4		0.058		
Riboflavin.....mg	0.162		0	BFZN	4		0.275		
Niacin.....mg	0.086		0	BFZN	4		0.146		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.037		0	BFZN	4		0.063		
Folate, total.....µg	8		0	BFZN	4		14		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		0	BFZN	4		14		
Folate, DFE.....µg	8		0	NC	4		14		
Choline, total.....mg	15.2		0	T	4		25.8		
Betaine.....mg									
Vitamin B-12.....µg	0.43		0	BFZN	4		0.73		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0	NC	4		3		
Retinol.....µg	2		0	BFFN	4		3		
Carotene, beta.....µg	0		0	BFFN	4		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	6		0	NC	4		11		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFFN	4		0.01		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0								

NDB No. 01184

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.116		0	BFZN	4		0.197		
4:0.....g	0.005		0	BFZN	4		0.009		
6:0.....g	0.005		0	BFZN	4		0.009		
8:0.....g	0.002		0	BFZN	4		0.003		
10:0.....g	0.005		0	BFZN	4		0.009		
12:0.....g	0.006		0	BFZN	4		0.010		
13:0.....g									
14:0.....g	0.019		0	BFZN	4		0.032		
15:0.....g									
16:0.....g	0.049		0	BFZN	4		0.083		
17:0.....g									
18:0.....g	0.018		0	BFZN	4		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.049		0	BFZN	4		0.083		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFZN	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.041		0	BFZN	4		0.070		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0	BFZN	4		0.009		
18:2 undifferentiated.....g	0.004		0	BFZN	4		0.007		
18:3 undifferentiated.....g	0.001		0	BFZN	4		0.002		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	LC	8		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

[illegible]

NDB No. 01221

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.116		0	BFZN	4		0.197		
4:0.....g	0.005		0	BFZN	4		0.009		
6:0.....g	0.005		0	BFZN	4		0.009		
8:0.....g	0.002		0	BFZN	4		0.003		
10:0.....g	0.005		0	BFZN	4		0.009		
12:0.....g	0.006		0	BFZN	4		0.010		
13:0.....g									
14:0.....g	0.019		0	BFZN	4		0.032		
15:0.....g									
16:0.....g	0.049		0	BFZN	4		0.083		
17:0.....g									
18:0.....g	0.018		0	BFZN	4		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.049		0	BFZN	4		0.083		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFZN	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.041		0	BFZN	4		0.070		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0	BFZN	4		0.009		
18:2 undifferentiated.....g	0.004		0	BFZN	4		0.007		
18:3 undifferentiated.....g	0.001		0	BFZN	4		0.002		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	LC	8		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code
Proximates:									
Water.....g	79.00		0		1	134.30	179.33	193.55	
Energy.....kcal	85		0	NC	4	145	194	209	
Energy.....kJ	358		0	NC	4	608	812	876	
Protein (N x 6.38).....g	4.93		3		1	8.38	11.19	12.08	
Total lipid (fat).....g	1.25		3		1	2.13	2.84	3.06	
Ash.....g	1.02		0		1	1.73	2.32	2.50	
Carbohydrate, by difference.....g	13.80		0		4	23.46	31.33	33.81	
Fiber, total dietary.....g	0.0		0		4	0.0	0.0	0.0	
Sugars, total.....g	13.80		0	NR	4	23.46	31.33	33.81	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	171		0		1	291	389	420	
Iron, Fe.....mg	0.07		0		1	0.12	0.16	0.17	
Magnesium, Mg.....mg	16		0		1	28	37	40	
Phosphorus, P.....mg	135		0		1	229	306	330	
Potassium, K.....mg	219		0		1	373	498	537	
Sodium, Na.....mg	66		0		1	112	149	161	
Zinc, Zn.....mg	0.83		0		1	1.41	1.88	2.03	
Copper, Cu.....mg	0.013		0		1	0.022	0.030	0.032	
Manganese, Mn.....mg	0.004		0		1	0.007	0.009	0.010	
Selenium, Se.....µg	4.9		0	BFFN	4	8.3	11.1	12.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1	1.3	1.7	1.8	
Thiamin.....mg	0.042		0		1	0.071	0.095	0.103	
Riboflavin.....mg	0.201		0		1	0.342	0.456	0.492	
Niacin.....mg	0.107		0		1	0.182	0.243	0.262	
Pantothenic acid.....mg	0.552		0		1	0.938	1.253	1.352	
Vitamin B-6.....mg	0.045		0		1	0.077	0.102	0.110	
Folate, total.....µg	11		0		1	18	24	26	
Folic acid.....µg	0		0	Z	7	0	0	0	
Folate, food.....µg	11		0		1	18	24	26	
Folate, DFE.....µg	11		0	NC	4	18	24	26	
Choline, total.....mg	15.2		0	T	4	25.8	34.5	37.2	
Betaine.....mg									
Vitamin B-12.....µg	0.53		0		1	0.90	1.20	1.29	
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE.....µg	12		0	NC	4	21	28	30	
Retinol.....µg	12		0	T	4	20	27	29	
Carotene, beta.....µg	2		0	BFFN	4	3	5	5	
Carotene, alpha.....µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7	0	0	0	
Vitamin A, IU.....IU	43		0	NC	4	74	98	106	
Lycopene.....µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFFN	4	0.04	0.05	0.05	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1	0.0	0.1	0.1	
Vitamin D.....IU	1		0	BFFN	4	2	2	2	
Vitamin K (phylloquinone).....µg	0.1		0	BFFN	4	0.1	0.2	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Lipids:							
Fatty acids, total saturated.....g	0.806		0		1		1.370 1.830 1.975
4:0.....g	0.037		3		1		0.063 0.084 0.091
6:0.....g	0.025		3		1		0.043 0.057 0.061
8:0.....g	0.016		3		1		0.027 0.036 0.039
10:0.....g	0.036		3		1		0.061 0.082 0.088
12:0.....g	0.043		3		1		0.073 0.098 0.105
13:0.....g							
14:0.....g	0.132		3		1		0.224 0.300 0.323
15:0.....g							
16:0.....g	0.341		3		1		0.580 0.774 0.835
17:0.....g							
18:0.....g	0.122		3		1		0.207 0.277 0.299
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.343		0		1		0.583 0.779 0.840
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.027		3		1		0.046 0.061 0.066
17:1.....g							
18:1 undifferentiated.....g	0.286		3		1		0.486 0.649 0.701
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.061 0.082 0.088
18:2 undifferentiated.....g	0.025		3		1		0.043 0.057 0.061
18:3 undifferentiated.....g	0.010		3		1		0.017 0.023 0.025
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000 0.000 0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000 0.000 0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	5		0		1		8 11 12
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.028		0		1		0.048 0.064 0.069
Threonine.....g	0.202		0		1		0.343 0.459 0.495
Isoleucine.....g	0.269		0		1		0.457 0.611 0.659
Leucine.....g	0.497		0		1		0.845 1.128 1.218
Lysine.....g	0.442		0		1		0.751 1.003 1.083
Methionine.....g	0.145		0		1		0.247 0.329 0.355
Cystine.....g	0.045		0		4		0.077 0.102 0.110
Phenylalanine.....g	0.269		0		1		0.457 0.611 0.659
Tyrosine.....g	0.249		0		1		0.423 0.565 0.610
Valine.....g	0.408		0		1		0.694 0.926 1.000
Arginine.....g	0.148		0		1		0.252 0.336 0.363
Histidine.....g	0.122		0		1		0.207 0.277 0.299
Alanine.....g	0.211		0		1		0.359 0.479 0.517
Aspartic acid.....g	0.391		0		1		0.665 0.888 0.958
Glutamic acid.....g	0.965		0		1		1.641 2.191 2.364
Glycine.....g	0.119		0		1		0.202 0.270 0.292
Proline.....g	0.584		0		1		0.993 1.326 1.431
Serine.....g	0.305		0		1		0.519 0.692 0.747
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Number of Data Points		Deriv Code	Source Code	Confidence Code		Measure 1	Measure 2	Measure 3
	Mean	Std. Error							
Proximates:									
Water.....g	79.00		0		1		134.30	179.33	89.27
Energy.....kcal	85		0	NC	4		145	194	97
Energy.....kJ	358		0	NC	4		608	812	404
Protein (N x 6.38).....g	4.93		3		1		8.38	11.19	5.57
Total lipid (fat).....g	1.25		3		1		2.13	2.84	1.41
Ash.....g	1.02		0		1		1.73	2.32	1.15
Carbohydrate, by difference.....g	13.80		0		4		23.46	31.33	15.59
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	13.80		0	NR	4		23.46	31.33	15.59
Starch.....g									
Minerals:									
Calcium, Ca.....mg	171		0		1		291	389	194
Iron, Fe.....mg	0.07		0		1		0.12	0.16	0.08
Magnesium, Mg.....mg	16		0		1		28	37	19
Phosphorus, P.....mg	135		0		1		229	306	152
Potassium, K.....mg	219		0		1		373	498	248
Sodium, Na.....mg	66		0		1		112	149	74
Zinc, Zn.....mg	0.83		0		1		1.41	1.88	0.94
Copper, Cu.....mg	0.013		0		1		0.022	0.030	0.015
Manganese, Mn.....mg	0.004		0		1		0.007	0.009	0.005
Selenium, Se.....µg	4.9		0	BFFN	4		8.3	11.1	5.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		1.3	1.7	0.8
Thiamin.....mg	0.042		0		1		0.071	0.095	0.047
Riboflavin.....mg	0.201		0		1		0.342	0.456	0.227
Niacin.....mg	0.107		0		1		0.182	0.243	0.121
Pantothenic acid.....mg	0.552		0		1		0.938	1.253	0.624
Vitamin B-6.....mg	0.045		0		1		0.077	0.102	0.051
Folate, total.....µg	11		0		1		18	24	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	11		0		1		18	24	12
Folate, DFE.....µg	11		0	NC	4		18	24	12
Choline, total.....mg	15.2		0	T	4		25.8	34.5	17.2
Betaine.....mg									
Vitamin B-12.....µg	0.53		0		1		0.90	1.20	0.60
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	12		0	NC	4		21	28	14
Retinol.....µg	12		0	T	4		20	27	14
Carotene, beta.....µg	2		0	BFFN	4		3	5	2
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	43		0	NC	4		74	98	49
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFFN	4		0.04	0.05	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		0	AS	1		2.0	2.7	1.3
Vitamin D.....IU	47		0	NR</					

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3	
			of Data	Code	Confidence				
			Points	Code	Code	Code			
Lipids:									
Fatty acids, total saturated.....g	0.806		0		1		1.370	1.830	0.911
4:0.....g	0.037		3		1		0.063	0.084	0.042
6:0.....g	0.025		3		1		0.043	0.057	0.028
8:0.....g	0.016		3		1		0.027	0.036	0.018
10:0.....g	0.036		3		1		0.061	0.082	0.041
12:0.....g	0.043		3		1		0.073	0.098	0.049
13:0.....g									
14:0.....g	0.132		3		1		0.224	0.300	0.149
15:0.....g									
16:0.....g	0.341		3		1		0.580	0.774	0.385
17:0.....g									
18:0.....g	0.122		3		1		0.207	0.277	0.138
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.343		0		1		0.583	0.779	0.388
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		3		1		0.046	0.061	0.031
17:1.....g									
18:1 undifferentiated.....g	0.286		3		1		0.486	0.649	0.323
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.061	0.082	0.041
18:2 undifferentiated.....g	0.025		3		1		0.043	0.057	0.028
18:3 undifferentiated.....g	0.010		3		1		0.017	0.023	0.011
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		8	11	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.048	0.064	0.032
Threonine.....g	0.202		0		1		0.343	0.459	0.228
Isoleucine.....g	0.269		0		1		0.457	0.611	0.304
Leucine.....g	0.497		0		1		0.845	1.128	0.562
Lysine.....g	0.442		0		1		0.751	1.003	0.499
Methionine.....g	0.145		0		1		0.247	0.329	0.164
Cystine.....g	0.045		0		4		0.077	0.102	0.051
Phenylalanine.....g	0.269		0		1		0.457	0.611	0.304
Tyrosine.....g	0.249		0		1		0.423	0.565	0.281
Valine.....g	0.408		0		1		0.694	0.926	0.461
Arginine.....g	0.148		0		1		0.252	0.336	0.167
Histidine.....g	0.122		0		1		0.207	0.277	0.138
Alanine.....g	0.211		0		1		0.359	0.479	0.238
Aspartic acid.....g	0.391		0		1		0.665	0.888	0.442
Glutamic acid.....g	0.965		0		1		1.641	2.191	1.090
Glycine.....g	0.119		0		1		0.202	0.270	0.134
Proline.....g	0.584		0		1		0.993	1.326	0.660
Serine.....g	0.305		0		1		0.519	0.692	0.345
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 01220
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 170g: 1 container (6 oz)
Measure 2 = 227g: 1 container (8 oz)
Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Confidence Code			
Proximates:								
Water.....g	79.00		0		1	193.55	179.33	89.27
Energy.....kcal	78		0	NC	4	192	178	89
Energy.....kJ	328		0	NC	4	804	745	371
Protein (N x 6.38).....g	2.94		0		8	7.21	6.68	3.32
Total lipid (fat).....g	0.00		0		8	0.00	0.00	0.00
Ash.....g	1.02		0		1	2.50	2.32	1.15
Carbohydrate, by difference.....g	17.04		0	NC	4	41.75	38.68	19.25
Fiber, total dietary.....g	0.0		0		8	0.0	0.0	0.0
Sugars, total.....g	5.88		0		8	14.41	13.35	6.65
Starch.....g								
Minerals:								
Calcium, Ca.....mg	118		0		8	288	267	133
Iron, Fe.....mg	0.00		0		8	0.00	0.00	0.00
Magnesium, Mg.....mg	16		0		1	40	37	19
Phosphorus, P.....mg	88		0		8	216	200	100
Potassium, K.....mg	141		0		8	346	320	160
Sodium, Na.....mg	47		0		8	115	107	53
Zinc, Zn.....mg	0.83		0		1	2.03	1.88	0.94
Copper, Cu.....mg	0.013		0		1	0.032	0.030	0.015
Manganese, Mn.....mg	0.004		0		1	0.010	0.009	0.005
Selenium, Se.....µg	4.9		0	BFNN	4	12.0	11.1	5.5
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0		8	0.0	0.0	0.0
Thiamin.....mg	0.042		0		1	0.103	0.095	0.047
Riboflavin.....mg	0.200		0		8	0.490	0.454	0.226
Niacin.....mg	0.107		0		1	0.262	0.243	0.121
Pantothenic acid.....mg	0.552		0		1	1.352	1.253	0.624
Vitamin B-6.....mg	0.045		0		1	0.110	0.102	0.051
Folate, total.....µg	11		0		1	26	24	12
Folic acid.....µg	0		0	Z	7	0	0	0
Folate, food.....µg	11		0		1	26	24	12
Folate, DFE.....µg	11		0	NC	4	26	24	12
Choline, total.....mg	15.6		0	BFZN	4	38.3	35.5	17.7
Betaine.....mg								
Vitamin B-12.....µg	0.53		0		1	1.29	1.20	0.60
Vitamin B-12, added.....µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....µg	61		0	NC	4	149	138	69
Retinol.....µg	61		0	BFZN	4	149	138	69
Carotene, beta.....µg	0		0	BFZN	4	0	0	0
Carotene, alpha.....µg	0		0	BFZN	4	0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4	0	0	0
Vitamin A, IU.....IU	204		0	NC	4	499	462	230
Lycopene.....µg	0		0	BFZN	4	0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFZN	4	0.01	0.01	0.01
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Tocotrienol, alpha.....mg								
Tocotrienol, beta.....mg								
Tocotrienol, gamma.....mg								
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.9		0	NR	4	2.2	2.0	1.0
Vitamin D.....IU	35		0		8	86	80	40
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4	0.0	0.0	0.0
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

NDB No. 01295
Yogurt, vanilla, non-fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000	0.000	0.000
4:0.....g	0.000		3		1		0.000	0.000	0.000
6:0.....g	0.000		3		1		0.000	0.000	0.000
8:0.....g	0.000		3		1		0.000	0.000	0.000
10:0.....g	0.000		3		1		0.000	0.000	0.000
12:0.....g	0.000		3		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		3		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		3		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		3		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		3		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		3		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		3		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		3		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		8		7	7	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.069	0.064	0.032
Threonine.....g	0.202		0		1		0.495	0.459	0.228
Isoleucine.....g	0.269		0		1		0.659	0.611	0.304
Leucine.....g	0.497		0		1		1.218	1.128	0.562
Lysine.....g	0.442		0		1		1.083	1.003	0.499
Methionine.....g	0.145		0		1		0.355	0.329	0.164
Cystine.....g	0.045		0		4		0.110	0.102	0.051
Phenylalanine.....g	0.269		0		1		0.659	0.611	0.304
Tyrosine.....g	0.249		0		1		0.610	0.565	0.281
Valine.....g	0.408		0		1		1.000	0.926	0.461
Arginine.....g	0.148		0		1		0.363	0.336	0.167
Histidine.....g	0.122		0		1		0.299	0.277	0.138
Alanine.....g	0.211		0		1		0.517	0.479	0.238
Aspartic acid.....g	0.391		0		1		0.958	0.888	0.442
Glutamic acid.....g	0.965		0		1		2.364	2.191	1.090
Glycine.....g	0.119		0		1		0.292	0.270	0.134
Proline.....g	0.584		0		1		1.431	1.326	0.660
Serine.....g	0.305		0		1		0.747	0.692	0.345
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
			Points	Code	Code	Code			
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup (8 fl oz)
Measure 2 = 227g: 1 container (8 oz)
Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate3.87 **Food Group:** 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)